PARANORMAL UNDERGROUND®

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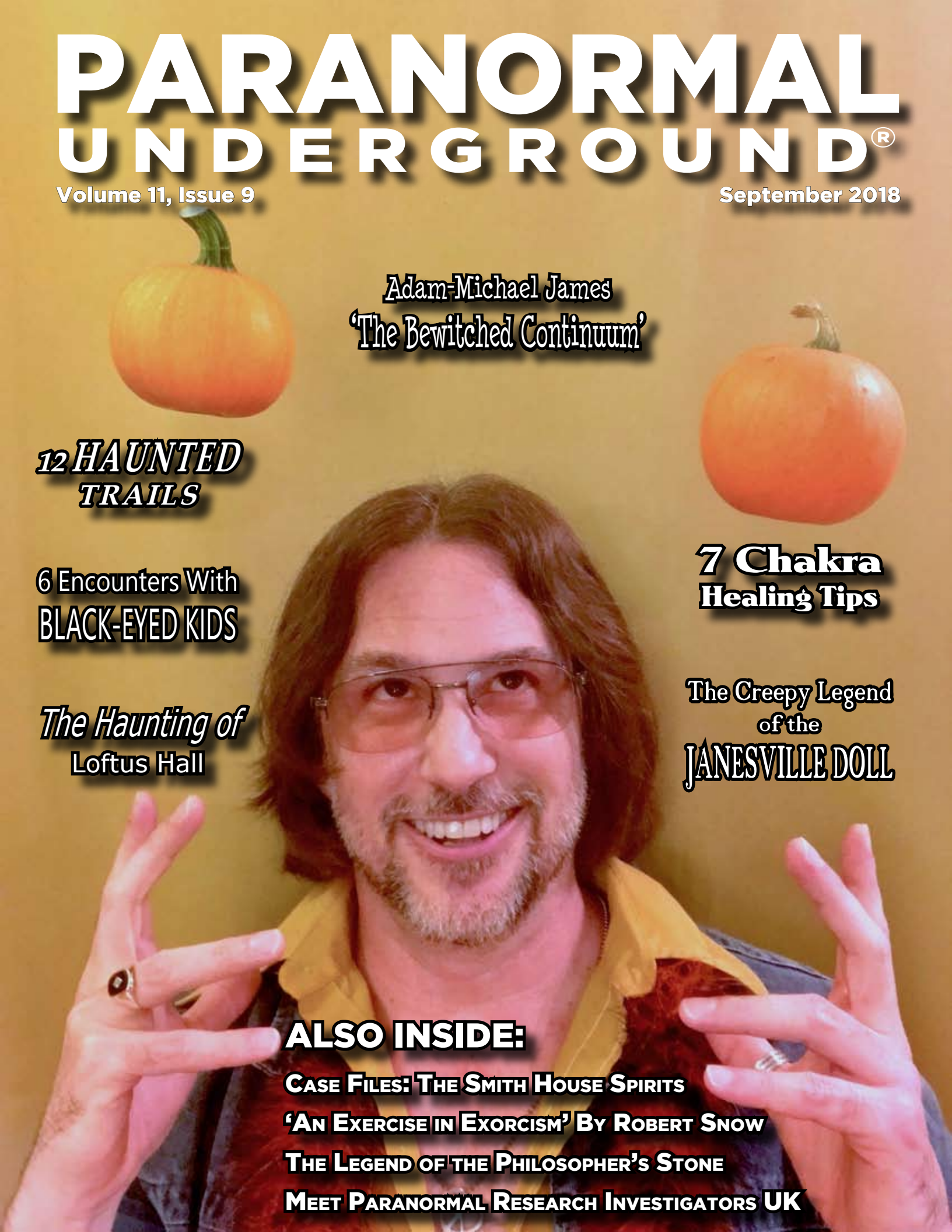

Adam-Michael James
'The Bewitched Continuum'

12 HAUNTED TRAILS

7 Chakra Healing Tips

6 Encounters With BLACK-EYED KIDS

The Haunting of Loftus Hall

The Creepy Legend of the JANESVILLE DOLL

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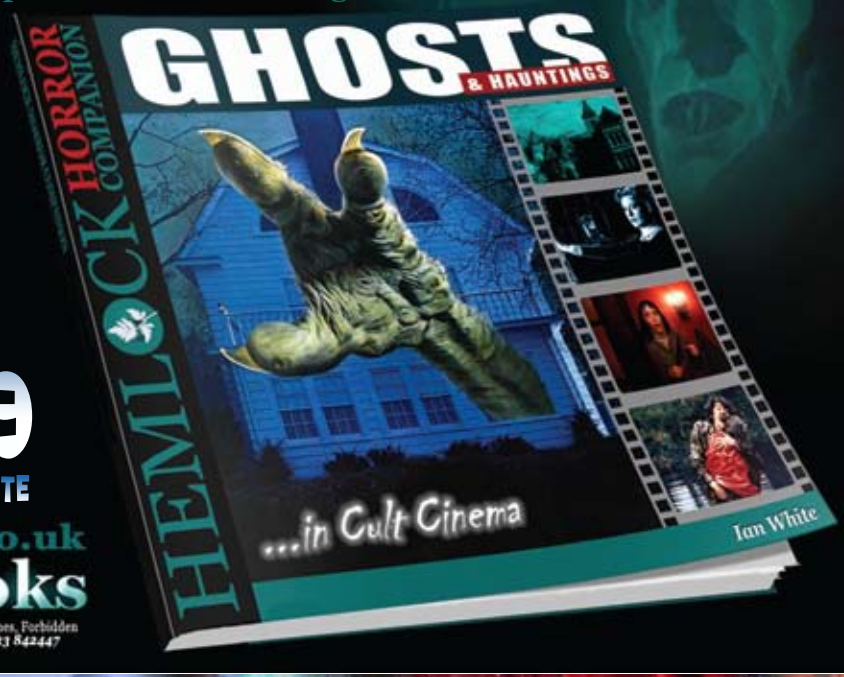

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JAKE FIFE

Jake is an 18-year-old paranormal investigator with Fife Paranormal. As the cofounder of the team, Jake takes an old-school approach to investigations mixed with new technology. His paranormal heroes are Konstantin Raudive, Ed and Lorraine Warren, and Hans Holzer.

"The paranormal has always been a part of my life, and now I'm looking for answers while helping others along the way," Jake said.

https://www.facebook.com/FifeParanormal/

BOB FOUNTAIN

As an investigator and evidence analyst with Spectral Tech, Bob and the team help their clients find answers while helping to educate them about the paranormal in the process.

As a special projects manager primarily involved in process engineering, and because documentation and analysis is paramount to serious investigations, Bob was drawn to take more than a passing interest and become actively involved in the study of different paranormal phenomena. He has a bachelor's degree in applied organizational management and a bachelor's in metaphysical science from the University of Metaphysics. Bob is also an ordained minister/metaphysical practitioner with the International Metaphysical Ministry.

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KAREN FRAZIER

Karen is a psychic medium and author. Her published paranormal books include *Higher Vibes Toolbox: Vibrational Healing for an Empowered Life, Dark of Night in the Light of Day: The Art of Interpreting Your Dreams*, and *Avalanche of Spirits: The Ghosts of Wellington.*

Karen holds a bachelor's and master's in metaphysical science from the University of Metaphysics and a Ph.D. in metaphysical parapsychology from the University of Sedona. She is an ordained minister/metaphysical practitioner with the International Metaphysical Ministry and a Usui Reiki Master/Teacher. She has completed courses in energy healing, including quantum touch, crystal healing, sound healing, and aromatherapy.

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WILLIE WINDWALKER GIBSON

Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries. Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors.*

Willie has appeared on A&E's *Cursed: The Bell Witch* and CMTs *Most Shocking Ghosts.* He also hosted his own public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders.* In addition, he has his own group of sensitives, called Soul Warriors, who are based across the U.S.

ORRIN GREY

Orrin is a writer, editor, amateur film scholar, and monster expert who was born on the night before Halloween. His stories of ghosts, monsters, and sometimes the ghosts of monsters have appeared in dozens of anthologies, including *The Best Horror of the Year*, and been collected in *Never Bet the Devil & Other Warnings* and *Painted Monsters & Other Strange Beasts*, while his writing on horror cinema has been collected into *Monsters From the Vault.*

https://orringrey.com/

RICK E. HALE

A Chicago native, Rick is the founder of The Committee for Psychical Inquiry and the author of the *Geek's Guide to the Strange & Unusual.* He was the host of *Common Sense Paranormal Radio* and *Paranormal Underground Radio.*

As an investigator, Rick considers himself to be a Modern Traditionalist, meaning he believes in melding the new and old schools of psychical research.

CHERYL KNIGHT-WILSON

Cheryl is editor-in-chief of *Paranormal Underground* magazine and producer of *Paranormal Underground Radio.* She has more than 25 years of experience as a professional writer and editor and has published hundreds of articles on topics ranging from advanced technology to paranormal investigation.

Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications.

https://paranormalunderground.net/

MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She has a normal day job and is not affiliated with any paranormal groups, Websites, or businesses.

She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life. Morgan knows a little bit about a lot of paranormal topics from research she has conducted.

She pledges to keep you up to date about what is going bump in the night via *Paranormal Underground's* monthly news column.

ATHENA PERRAKIS, PH.D.

Athena is the founder and CEO of SageGoddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience

spans more than 30 years. During that time, she has become an expert in gemology, astrology, tarot, aromatherapy, reiki, and herbal medicine.

Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance. Her guiding philosophy is that those who develop and maintain a consistent and sustainable spiritual practice — one that aligns with their own cultural values and spiritual beliefs — will enjoy a longer, healthier, and happier life.

https://www.sagegoddess.com/

MICHELLE M. PILLOW

Michelle is a *New York Times* and *USA Today* bestselling author writing in many fiction genres, including the Dragon-Shifter series *Dragon Lords* and *Captured by a Dragon-Shifter* and the mischievously magical *Warlocks MacGregor*. A skeptical believer, she has a fascination with anything paranormal.

Michelle loves to travel and try new things, whether it's a paranormal investigation of an old Vaudeville theater or climbing Mayan temples in Belize. She has a BGS in history/business with an English minor and a photography degree. She is the co-owner of www.TheRavenBooks.com.

http://michellepillow.com/

SHANNON RAPHAEL

Shannon is an editorial intern at Open Road Integrated Media Inc. She is currently studying English, journalism, creative writing, and American studies at Boston College. A Long Island native, she loves the beach, Italian ices, bagels, and pizza. When she's not reading, she can be found watching reality TV — most likely *The Real Housewives of Any City*.

ROBERT SNOW

Robert has had an interest in the paranormal for many years. His appetite for the unexplained and mysterious was gained from his late grandfather, Dr. Richard Clay, a medical practitioner in Wiltshire. Dr. Clay had several paranormal experiences himself and being a very methodical mind he recorded them on paper as soon as possible after the incident. He also recorded experiences of his patients that were related to him. Robert is now the owner of Dr Clay's archives, having inherited them when his grandfather died in the 1970s; he is always adding to them himself.

Robert was until recently the general secretary of The Ghost Club, the oldest paranormal research organization in the world. He always looks at reports of supernatural happenings objectively and is always pleased to receive reports of paranormal activity and happenings to add to his now considerable archives.

https://www.amazon.co.uk/dp/1980379211

THE LINEUP STAFF

The Lineup is home to the web's creepiest and most mysterious stories. They seek out gritty tales of historical true crimes, horror, and the paranormal, and then they share their latest dark obsession with fellow enthusiasts.

http://www.the-line-up.com/

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T. Stokes is a holistic palmist and the author of the book *50 Case Studies in Modern Palmistry*. He trained with mediums Doris Collins and Doris Stokes and psychiatrists Henri Rey and Joyce McDougall. He has also lectured on paraspiritual studies, metaphysics, and eschatology.

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MARIA ANNA VAN DRIEL

Maria Anna is an investigative journalist, columnist, author, radio correspondent, and theoretical physicist with a master's degree in ancient alchemy and bachelor's degree in metaphysics. Her interests include mythology, medieval and pre-Egyptian symbolism, and quantum, optical, particle, and astroparticle physics, among others.

As the founder and owner of *The Next Truth Magazine*, Maria Anna profiles open-minded scientists and non-scientists who combine accepted science and the still-unexplained events in life within their work and research.

http://nexttruth.com/

IAN WHITE

Ian is an author, journalist, and screenwriter based in the UK. He is the author of *Witchcraft and Black Magic in British Cult Cinema* and other titles. He also occasionally performs stand-up comedy. Before writing for *Paranormal Underground*, his biggest claim to fame was being killed by a dragon in a thankfully long-forgotten TV show called *Dark Knight*.

Ian has been interested in the paranormal his entire life — one of his earliest memories is waking up to find a tall shadow wearing a top hat watching him through his bedroom window when his bedroom window was two stories off the ground.

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CHAD WILSON

A freelance writer, Chad is the publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

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HALLOWEEN 2018
(Not Quite)

Halloween is coming up next month! I know ... I know. I might be jumping the gun a little by writing about Halloween in September, but, outside of Christmas, Halloween is my favorite time of year. So, I figured I would get started early this year.

Chad Wilson, Publisher

This Halloween is the 11th since we started publishing the magazine. A lot has happened in that time, but we continue to strive to bring you information on a wide range of topics in the paranormal field, including hauntings, cryptids, and UFOs.

In addition, we have expanded coverage over the years to include columns that address psychic phenomena, metaphysics, urban legends, paranormal news, and special reports on a wide range of paranormal topics.

Paranormal News

Through *Paranormal Underground's* news column, we bring you some of the latest news on a variety of subjects. For example, this month's column talks about goblins in the woods outside Quebec, Canada; the appearance of angel shapes in the clouds above Highway 105 in Texas; and a possible natural cause for ships sinking in the Bermuda Triangle.

Urban Legends

The September Urban Legends column goes into more detail about the Janesville Doll, of Janesville Minnesota, which is said to hold the spirit of a young girl. Nowadays, you can find the creepy doll living at the Janesville Library, where it has its own special showcase.

Special Report

This month's Special Report regales readers with individuals' encounters with the enigmatic black-eyed kids. While black-eyed children are said to be only a legend by many, some of the people who have encountered them have a much different take on these seemingly ill-natured entities.

Other Articles

Other columns in this issue include Calling the Corners, which takes a look at the phenomenon behind the TV show *Bewitched*; The Shaman Windwalker, which touches on how "God" can work through shamans to heal others; and our Guest Editorial, which talks about how some skepticism is healthy in any paranormal investigation but too much skepticism can actually be a bad thing.

Paranormal Underground looks forward to bringing our readers interesting information about the paranormal. And, we hope you have enjoyed what you've read over the years whether you've experienced paranormal phenomena first hand or not.

So ... happy Halloween a month early! ◆

October 5–6
Honobia Bigfoot Conference
Grounds of the Kiamichi Mountians
Christian Mission @ Christ's 40 Acres
Honobia, Oklahoma
www.honobiabigfoot.com

October 6–7
Gift of Light Columbus Fall Expo
Franklin County Fairgrounds
Hilliard, Ohio
www.giftoflightexpo.com

October 12–13
Little Traverse Bay Parafest
The Terrace Inn
Petoskey, Michigan
www.littletraversebayparafest.webs.com

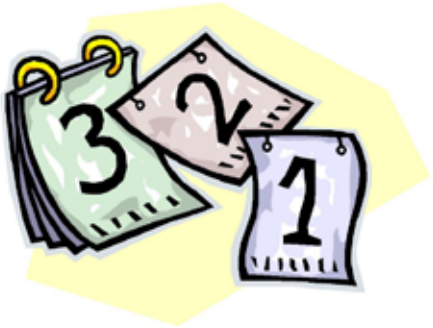
October 12–13
Chautauqua Lake Bigfoot Expo
YMCA Camp Onyahsa
Chautauqua Lake, New York
www.chautauqualakebigfootexpo.com

October 13
Albatwitch Festival
200 Locust Street
Columbia, Pennsylvania
www.albatwitchday.com

October 19–20
2018 Texas Bigfoot Conference
Jefferson, Texas
www.facebook.com/events/1658431647518379

October 20
MUFON Pittsburgh Area Conference
Westmoreland Community College
Greensburg, Pennsylvania
http://mufonpa.com/wp1/?page_id=153

October 26–27
MUFON Philadelphia Area UFO Conference
Sheraton Bucks County Hotel
Langhorne, Pennsylvania
http://mufonpa.com/wp1/?page_id=599



October 26–28
Creature Weekend
Salt Fork State Park
Cambridge, Ohio
www.creatureweekend.com

November 1–4
The Afterlife Awareness Conference
The Marriott Orlando Airport Lakeside Hotel
Orlando, Florida
https://afterlifeconference.com/evidence-of-life-after-death-the-2018-afterlife-conference/

November 2–3
The Super Con 6
Poasttown Elementary School
Middletown, Ohio
www.thesupercon.com

November 10–11
Haunted Bourbon ParaCon
Bad Wolf Bar and Grill
New Orleans, Louisiana
www.hauntedbourbon.com

November 16–18
Port Gamble Ghost Conference
Port Gamble Hood Canal Vista Pavilion
Port Gamble, Washington
www.portgambleparanormal.com/ghost-conference-2018

November 16–17
Sasquatch Summit
Quinault Beach Resort and Casino
Ocean Shores, Washington
http://sasquatchsummit.com/

E-mail your paranormal event to editor@paranormalunderground.net. ◆

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Goblins, Angels, Rogue Waves, and Dino-Hippos

By Morgan Lineberry

Prehistoric Hippo Fossil Mystery Solved

An old fossil has brought forth a new discovery, according to Laura Geggel, senior writer for the Website Live Science. What was once believed to be a dinosaur fossil after its discovery in the 1950s actually belonged to a prehistoric hippo-like creature that was "a member of the now-extinct genus Paleoparadoxia (Greek for "ancient paradox").

Source: Kumiko Matsui et al./Royal Society/CC-BY 4.0

Now before anyone asks how this mistake could how been made, remember that archeologists are literally trying to piece together prehistoric creature puzzles without that lovely picture that comes on the front of a regular puzzle box. And if that is still difficult today, just imagine how much more difficult it would have been in the 1950s!

The bone was never definitively identified and was rediscovered in 2017 in a box. "The box contained the right femur (leg bone) of a desmostylia, an extinct order of aquatic mammals," according to the Live Science article. Clues helped scientists learn that "the uncataloged bone was discovered by Tadayasu Azuma in Tsuchiyu Onsen town, in Fukushima City, in 1955," while he and his son were working on a dam. Through zircon dating and a lot of hard work, the truth was revealed.

I think we can all agree that a prehistoric hippo is just as interesting and just as terrifying as a dinosaur. One more puzzle piece that fits into the big picture and allows us to learn what life was like long before man ruled Earth.

Rogue Waves Sink Ships in the Bermuda Triangle

Tobias Wayland of The Singular Fortean Society Website recently wrote about a disturbingly fascinating story: Rogue waves are being blamed for the disappearance of boats in the Bermuda Triangle.

"Scientists at the University of Southampton in England believe that mysterious disappearances of boats in the Bermuda Triangle can be explained by a natural phenomenon known as rogue waves," Wayland wrote.

But, how is something rogue natural? And what in the

Bermuda Triangle is causing these waves? According to Dr. Simon Boxall, an ocean and earth scientist, the Triangle can sometimes be affected by three massive storms that come together from different directions. While this is a logical explanation and one must understand a problem in order to solve or avoid it, it does leave unanswered questions.

One question is: What about all of the planes that have disappeared that were flying well above the reach of these waves? Waves have been measured in excess of 98 feet high, so it is perfectly plausible that pilots have dipped low enough to fall victim to rogue waves. But I still wonder if this is but one of multiple reasons for the strange disappearances. Besides, odd things have been sighted in this area, ranging from UFOs to rifts in time.

Now that we understand some of the danger, perhaps fewer people will risk going into that area. But I believe there is still more to be explored and discovered in the Bermuda Triangle.

Angels in the Sky

Source: Danny Ferraro/Facebook

The paranormal is not limited to anomalies or horror stories of cryptids, ghosts, and monsters. There are many subjects that get overlooked because they are not as scary as others. Also, for some reason, it seems that people are more prone to believe negative things before they will believe positive, so this next story is an interesting change in the average slew of paranormal information.

According to ParanormalWarehouse.com, Danny Ferraro of Texas recently had a holy encounter: "Ferraro was recently driving on Highway 105 when to his amazement he spotted what appeared to be an 'angel' formed in the clouds." Granted, a shape in the clouds is an arguable encounter, but is it really any less plausible than a Nessie or Mothman sighting?

Millions of people all over the world have some form of religious belief, many of which involve something angelic that watch over us and guide us. This is interesting because Ferraro and his wife had been going through a difficult time, and "Ferraro and his wife were on their way to deal with more family issues as the figure appeared to give them a sense of hope and peace."

Angel or atmospheric anomaly? Does it really matter? Either way, it seems like a miracle to me.

Goblin in the Woods

In complete honesty, I saved this story for last because it is genuinely terrifying to me, and if I have to suffer, so must you all! Seriously, moose are fairly terrifying by themselves, so the video Audree Tanguay Frechette of Quebec, Canada, took of a moose on the side of the road is bad enough. The strange creature that felt the need to be an extra in this video is a hundred times more disturbing.

According to Unexplained-Mysteries.com, a gremlin-like creature was accidentally caught on camera on July 29, 2018. Frechette explained that she was filming a moose but seemed to have captured something else. See the video here. "Looking at the video, I saw this strange shape at the back left. Can someone tell me what it is?" she asked. And the Internet responded, as it does. Although, perhaps not in the most helpful ways.

"Some Internet users have noted that the creature looks a bit like Gollum from *The Lord of the Rings*, while others have likened it to one of the aliens from the movie *Mars Attacks!*" Still, others mentioned that the creature moves with the camera rather than independently. If this is true, then it is possible that it is nothing more than a smudge on the lens.

One thing is for sure. Until the case is solved, I am never going to Quebec, Canada! ◆

Got News?

Do have paranormal news you'd like to share with Paranormal Underground?
Email editor@paranormalunderground.net

Spirit Communication, Paranormal Investigation, and Metaphysics

The Books of Angel Rae

By Cheryl Knight

Born into a spiritual family, paranormal nonfiction and fiction author Angel Rae is a life-long student of divination and the supernatural. She has been mentored by shaman, Wiccan, and Native American elders, and she uses her knowledge to help spread the importance of accepting other's beliefs and being a positive influence for others.

Born in Florida and raised in Pennsylvania, Angel is a single mother who believes in the strange and unusual and loves and respects all creatures. She first experienced spirit communication at the age of eight and began studying the paranormal in her late teens,

Angel recently spoke to *Paranormal Underground* magazine about her paranormal experiences, spiritual practices, and paranormal nonfiction and fiction books.

* * * * *

Paranormal nonfiction and fiction author Angel Rae has followed a unique path consisting of Native American, Pagan, and Wiccan practices.

Q: You've experienced spirit communication since you were a young child. What can you tell us about those experiences?

Angel: I was eight years old when I had my first experience of seeing a ghost. I saw a man with his arms folded in my mom's bedroom. He was standing in front of her dresser. I didn't know who it was.

It wasn't until later that afternoon that I mentioned to my mother that I saw a man in her room and described him to her. I can distinctly recall the look on her face when I finished. It was one of shock and confusion.

Later that night, just after 10 p.m., my aunt called and told my mom that their father was passing away and she needed to go see him. I didn't know my grandfather, so my mother went alone. The next day, she asked me again about the man I saw in her room the day before. I went through the whole story again, and she sat in silence for quite a while. I played with my Barbie Dolls while she thought. Finally, after minutes passed, she says, "You have the gift, Angel." That's all she said.

My aunts had come to visit that day not long after this conversation with my mom. While they were in the kitchen talking about funeral arrangements for their father, I overheard my mom explaining who I saw in her room.

My aunts were thrilled about me "having the gift." It wasn't until much later in life that my mom explained what was so miraculous about who I saw that day as a child. I saw my grandfather's spirit hours before he died. My mother was able to communicate with ghosts most of her life, as were her sisters. It is a gift that has been passed on for many generations in my family.

Angel Rae's nonfiction paranormal books focus on the topics of paranormal investigation techniques, spirit communication, haunted locations, and personal experiences.

Q: You follow Native American, Pagan, and Wiccan practices. How do you merge those different beliefs into your spiritual practices?

Angel: I'm a firm believer that we are all meant to follow our own paths. Mine is a combination of spiritual and nature-based practices. I am a Pagan, but in the sense that I don't belong to any organized religion and that I believe in several gods and goddesses.

I have Native American blood running through my veins and was taught that everything around us has a lesson to teach us. I have always respected nature, feeling an affinity with Mother Earth, Grandmother Moon, and Grandfather Sun. I honor the Earth as my ancestors did. I accept that all creatures on this planet are sacred, from a human being to the smallest of insects like an ant. I also work with spirit guides or animal totems within my native practices as well.

My Wiccan path is one that works with the powers of nature. My focus is on positive and healing magick and the belief in karma. What you put out into the world is what you get back. I believe in doing what I must but without harming anyone intentionally. Each aspect of these practices has one commonality: working with Mother Nature and her inhabitants. I feel that my sacred, individual path has enhanced my natural abilities to communicate with the dead.

Q: Your passion for researching paranormal phenomena led you to write several nonfiction paranormal books, including *Into the Darkness: Conversations With the Dead; Into the Darkness: Paranormal Destinations;* and *The Paranormal Investigator's Guide*. What's most important for our readers to know about these books?

Angel: The main message would be that they are all written for educational purposes, as well as an entertaining one. I feel it is very important for those who are interested in paranormal investigating to learn how to do it properly, safely, and with respect for those you are hunting with and those you are hunting.

The *Into the Darkness* series consists mainly of the different locations I've visited with history and legends from each one. I include personal experiences I had or commentary from other's experiences. I had worked with nearly 100 people while writing the first in the series but have successfully reduced it to 10 people that I trust to provide professionalism, an open mind, and doesn't approach investigating as a hobby.

The second in the series, *Paranormal Destinations*, is due out October this year. I made some slight changes to the second book, but it maintains the same context. The main difference in the two books is that *Paranormal Destinations* will have over 70 full-page images from the locations I write about!

The Paranormal Investigator's Guide is all my knowledge on spirit activity, including classifications of hauntings and ghost hunting. It was written to be a guide on

→

how to, when to, and where to hunt ghosts and how to do so properly.

Q: You also write about metaphysical topics, including your books *Good Intentions: A Magickal Touch; Tarot: A Deeper Journey; Walking the Path of Nature's Wisdom;* and *Voyage of Self-Discovery: An Astrological Guide*.

Angel: Due to my spiritual path throughout my life, I have acquired so much knowledge surrounding the metaphysical, supernatural, and astrological worlds that it just seemed "right" to write books on what I had learned throughout each stage of my journey. The astrological guide is a compilation of multi-cultural zodiac aspects. I included Native American, Chinese, Western/American, Celtic, and several other astrological charts.

Tarot: A Deeper Journey teaches the traditional meanings for each card but goes a bit deeper with breaking down different aspects of our lives — money, health, love, spirituality, and generally. It contains techniques on how to enhance your readings through aromatherapy and color candle magick.

Good Intentions: A Magickal Touch literally brings my entire spiritual practice to life. Everything that has proven useful or positive in my life is in that book! I talk about nature and its magickal attributes. I list several gods and goddesses that can be "worked with" for different spells and rituals. I talk about nature-based holidays and what they represent. I write about magickal associations with colors, scents, plants, foods, and animals. *Walking the Path of Nature's Wisdom* was written with the same intent but including totems and dreamwork associated with animals.

Q: You also write romance and erotic fiction books. What can you tell us about *A Haunting Affair* and *Magick Man*?

Angel: The story behind *A Haunting Affair* was created after conducting an investigation with a team of all women and a very frisky male ghost. I actually had the ending to the story before anything else, even the outline! It has been one of my highest-selling novels, and people come up to me all the time and express how they never saw the ending coming! That always makes a writer feel good!

Magick Man isn't paranormal related but more spiritual and magickal. Sex magick is the key topic of this story. With all of my books, nonfiction or fictional, I try to educate my readers. If you don't know what sex magick is, then you'll get a quick lesson with this book! With all of my fiction works, I am able to blend relatable characters with steamy, sexy scenes, but I always leave room for a little comic relief. My readers enjoy the real-life comedy in my novels. You get education and lots of entertainment with my erotic/romance novels.

Q: What would our readers be most surprised to find out about you?

Angel: That I don't just believe in ghosts or the afterlife. I have witnessed UFOs and fairies since a child and saw my first shapeshifter this year! I know what I've seen in my life. I know that humans and animals are not the only beings roaming this earth.

Q: What projects do you have planned for the future?

Angel: I am currently working on two fictional series. One titled *G.O.T.H. Goddesses on the Hunt*, and another named *Timeless Timbers*. The *GOTH* series is based around an all-woman cast of paranormal investigators that travel the world helping with hauntings, speaking at events, and hosting tours at several haunted locations near them. Along their journeys, they meet men interested in the paranormal and the goddesses find love ... and at times, torment.

Timeless Timbers is a series based off the old show *Fantasy Island*. It's a private island that guests visit to live out their wildest desires and fantasies. There will be a large cast of characters for this series, and I'm looking forward to writing it!

The *Into the Darkness* series is an ongoing collection with no ending in sight! The second installment, *Paranormal Destinations*, will be out very soon, and the third in the series will be available next year at this time. One book a year will be released for as long as it continues to sell. The first one in the series made the bestseller list within three weeks of its release, and I'm hoping for the same results for all future ones!

* * * * *

You can find Angel Rae's books at https://www.amazon.com/Angel-Rae/e/B01MSZ2OCL/ref=sr_ntt_srch_lnk_10?qid=1536544297&sr=1-10 and follow her on Facebook and Instagram at @angelrae11. ◆

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Andy Wilson & Nick Howe: Researching With a Sixth Sense of Humor

By Maria Anna van Driel, NextTruth.com

Andy Wilson and Nick Howe originally formed Paranormal Research Investigators UK to assist individuals who experience paranormal activity, including encounters with hauntings, poltergeists, UFOs, and cryptids. Andy and Nick are both trained by the Association for the Scientific Study of Anomalous Phenomena and approach each case in a rational, non-sensationalist manner.

While gathering evidence and trying to make sense of what still lies beyond the borders of the unexplained, Andy and Nick do not hesitate to add some humor to their investigations every now and then. Besides sharing similar ideas and theories in a field that is so baffling, they also share the opinion that science lacks a broad-minded approach to the paranormal. They see science generally rejecting the notion that many of the unexplained events could occur despite the weight of reliable empirical evidence.

Andy and Nick recently spoke with *Paranormal Underground* magazine about their paranormal research team, paranormal experiences, and paranormal theories.

* * * * *

Nick Howe (above, left) and Andy Wilson (above, right) formed Paranormal Research Investigators UK to help individuals who believe they are experiencing paranormal activity and to assist in assessing the extent of the problem and the likely cause.

Q: Tell us a little bit about yourselves?

Nick: My most recent nickname is Nick the Slide due to me liking and playing bottleneck slide guitar! What keeps me going? Many things like music, motorbikes, family, friends, beer, and things that go bump in the night. Oh, and football!

Andy: I'm just a guy who likes to ask why? I like sport, football, a pint, and a laugh. Prone to daydreaming and walking past where I'm supposed to be going. I think I've never found the same high as the day I got my 25m swimming badge stitched onto my Speedos as a kid.

Q: How did you meet each other?

Nick: Well, Andy and I became good buddies through The Ghost Club. I think we share similar views, values, and sense of humor.

Andy: Ah yes. I remember that moment. Nick was sitting behind me at a paranormal lecture and was playing an EVP of a sinister cackling laughter he had captured on his digital recorder. I joked that the empty seat next to him was probably for the evil entity attached to him now.

The Paranormal Research Investigators UK team includes (pictured above from left to right) Nick Howe, Andy Wilson, Ruth Roseweir, Dave Munn, and Nick Terrell.

Nick: Ha ha! Let's face it. There's no hope if you can't see the funny side to standing in a forest at midnight in the pitch black calling for a demonic beast with glowing eyes to come forward. Ironically, that's exactly what we did and captured our very best EVP.

Q: What inspired you to become involved with the paranormal?

Nick: Actually, there are probably two moments in my life which drew my interest in the paranormal: the Enfield Poltergeist case, and the other one is connected with my maternal grandparents who died within months of each other when I was about 10 years. This event coincided with me being hospitalized for four months.

This was therefore a particularly stressful time for my mother, who contacted Harry Edwards, a highly regarded medium and faith healer. Although we never met Edwards, his insight into my medical condition and location were surprisingly accurate, and this left a profound impression on me, which led to an interest in the paranormal at a very young age.

Andy: I think I've been fortunate enough to have personally experienced anomalous events throughout my life and even more fortunate that sometimes there has been another person present, which obviously rules out any brain abnormalities from me.

From early childhood, I've been passionate about wanting to know more about the paranormal. And before I die, I hope to know why these strange things happen to me and to so many others around the world too.

Q: Are you both firm believers in the supernatural, or are there sometimes skeptical moments?

Nick: There's a healthy dose of skepticism that keeps me firmly anchored to a rational way of thinking. It is important that all natural causes have to be considered and investigated before reaching a conclusion.

It's not a case of disbelieving people, but establishing the facts before jumping to conclusions. It therefore follows that the evidence must be water tight. I try to be flexible and use a balance-of-probability approach when evaluating paranormal events. Having a scale of 0-100, it's a personal subjective method, but it means I can remain open minded and don't have to reach a yes or no conclusion.

I'm not a scientist but believe that the weight of evidence will eventually provide important links as science's understanding of, say, matter, time, and space develops.

Andy: I'm a firm believer due to my own paranormal experiences. This makes me non-judgmental toward others who claim paranormal phenomena has happened to them. I have the utmost respect for people who are brave enough to share some of their experiences.

I'm also skeptical in the true sense that I have both an open mind and a critical mind. This, I think, is important to reach rational explanations and to reassure people there is nothing to worry about if the cause is identified as normal. Overall, there are just far too many people, often unconnected, who have similar paranormal experiences from all over the world. Something is happening for sure!

Q: What is your earliest memory/experience in the world of the paranormal, and how did the people in your immediate surroundings react to this?

Andy: This is hard to describe, as I have vivid memories of being born and with the strong emotions and thoughts of "I'm finally here." I've had two instantaneous flashbacks to

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a former life in my adolescent years. Unfortunately, I wasn't anyone special in my flashbacks. Judging by the military uniform I was wearing, I've narrowed it down to a British soldier mid-1800s. I can't have been a very good soldier, because the second flashback I had was being carried on a stretcher after being shot in the stomach.

What's interesting for me was the fellow soldier who I knew was my friend in the flashback. He looked like a rogue and the type of person I would not make friends with in this life. However, I remain skeptical about reincarnation because you cannot rule out memory being passed on through the genes you inherit.

I never shared any of my experiences with anyone until I was in my 20s.

My first paranormal experience was when I was about three years old living in South Africa. We lived in a large, one-story detached building. The family was watching a film about stuntmen on a projector screen in the living room, and I needed to go to the toilet. So I left the room to walk down the long hall corridor. The toilet was halfway down the corridor to the left. At the bottom of the corridor was a bedroom where my Grandad was sleeping after becoming ill with sunstroke.

Andy Wilson is a member of The Society for Psychical Research, the Association for the Scientific Study of Anomalous Phenomena, and The Ghost Club.

As I walked down the corridor, I saw a woman walk straight through the closed bedroom door and toward me. At my age at the time, I knew people couldn't walk through doors. I stood and stared at the woman, who was white Caucasian, wearing very plain clothing that reminded me of an old maid's outfit. The apparition was solid and seemed to glide smoothly rather than bobble up and down as most people do when walking.

What has been burned into my memory is the face of the woman. She had large, wide eyes, a large distinct nose, and a fixed manic grin on her face. When she was coming toward me, it felt like she was looking through me and she did not deviate from her facial expression or movement. She just kept moving slowly toward me with a fixed grin.

I panicked and ran toward the toilet and locked myself in, but then I panicked more thinking I should have run back to the living room! So I immediately unlocked the door, and I could see out of the corner of my eye the apparition was just reaching the toilet door on my left side. I didn't turn to look at it but simply ran as fast as I could back to the living room. What's interesting is that my grandmother had died around this time in England, and this was why my Grandad was spending time with us in South Africa.

Looking at a photograph of my grandmother around the time of her death, she had large eyes and the same nose. Part of me thinks from a small child perspective looking up at a taller adult, it would exaggerate the facial features, and this could have been my grandmother who had only met me briefly as a newborn baby before we immigrated. However, the clothing doesn't make sense to me, and this could be me retrospectively hoping it had some significance to me. I'm undecided about what or who this apparition is to be honest.

Q: What is the creepiest paranormal moment you've experienced during your investigations? What was the most hilarious moment?

Nick: The creepiest moment I have experienced during an investigation was at Tilbury Fort, England. With only four people in a pitch black room just off from an underground passage, we experienced a full-blown and very loud anomalous rap in what seemed to be an intelligent response to a question. The sound could not be replicated, and later analysis indicated that it had the typical sound profile associated with a poltergeist event. Creepy and exciting at the same time!

The most hilarious moment was me tripping over in a school hall during an investigation, and I managed to end up rolling under a grand piano. The whole thing was recorded, including the sound of breaking spectacles and me uttering every profanity under the sun. Needless to say my colleagues checked I was OK after recovering from a fit of hysterical laughter. Thanks guys!

Andy: I've had a couple of experiences that stand out more than others for different reasons. When I was 10 years old, I captured my first EVP. I used to play with one of my best friends (K) upstairs in the spare bedroom. We used to record ourselves on cassette tape while playing.

After my friend went home, I used to rewind the tape

and listen to ourselves laughing and playing. However, on one occasion when I listened to the tape, you could hear two female voices whispering on top of our own voices. I could only make out every other word, but they were making comments to each other as if observing us playing, e.g., "What are they doing now?"

Q: Is there a paranormal experience that will never be erased from your memory?

Andy: While my friend (K) and I were playing in the same room, I suddenly heard a disembodied voice shout my friend's name angrily from the top corner of the bedroom above the door entrance. Both of us froze and stopped playing at the same time. I managed to mutter to (K) that I just heard his Granddad shout his name. (K) was shaking and said he had heard it too. He left to go back home not long afterwards.

What was out of the ordinary was that his Granddad was still alive at the time. Whatever it was that mimicked his voice had got it spot on! Interestingly, this was the same bedroom my sister had seen an apparition of an old woman staring at her one night about three years previously before moving out of the home.

Nick Howe believes that a greater understanding of time and space will give credibility to many ghostly and UFO sightings.

Nick: What will never be erased from my mind is when I was living alone in a flat that was meant to be haunted. A friend of my sister claimed to have sensed a presence. I admit that it played on my mind quite a bit. But things came to a head when after getting into bed one night, there was a mighty thump and the bed moved sideways with what seemed like a hefty shove.

Of course, it could have been natural building settlement. It may even have been a minor earthquake. But whatever the cause, the pillow remained firmly over my head for the rest of that night.

Q: What is your favorite ghost story?

Nick: I remember reading an account by Marcel Eremian (SPR's *Paranormal Review*, edition 83) in which an apparition appeared in a restricted and controlled area. It continued to walk past two technicians who were the only members of staff operating in that room. By the time they'd gathered their wits and turned back to challenge this intruder, it had disappeared.

Not a spectacular spine-tingling tale, but it struck me how many times do we encounter "ghosts" in broad daylight without even realizing it? It acts as a reminder that the paranormal isn't all about demons popping through a portal and wreaking havoc on those unfortunates who face them.

Andy: I like to hear about poltergeist cases and how they can manipulate modern technology. The new generation of entities with good IT skills is impressive. Where did these entities develop their new skills? Is there an inter-dimensional college course?

No seriously, I find it fascinating when an entity sends messages on a computer or mobile text, e.g., the vertical plane by Ken Webster.

Q: Do you have any paranormal theories?

Nick: When people ask me whether I believe in ghosts, my immediate response is, 'Define your 'ghost.'" I see it as a generic term for a multitude of happenings. I thought I was being really original until I read Steve Parson's book *Ghostology* in which he postulates the same theory. Given this guy's status, I feel vindicated rather than deflated.

Other theories? I think that a greater understanding of time and space will give credibility to many ghostly and UFO sightings. After all, if time is not linear, then surely there is a possibility that we can see beyond the veil of "past" and "future." Add to the mix the "present," and there are many recorded instances of living "ghosts."

Andy: I don't have any firm concrete theories on the paranormal due to the fact we understand so little. The link between space/time and possible multiverses is interesting indeed. The idea that we are existing on separate branes [as described in string theory] that occasionally touch or interact with each other is interesting.

I also enjoyed a book by Thomas Fusco, titled *Behind the Cosmic Veil*. I liked his idea of localized bending of space/time (temporary space/time bubbles expanding into our dimension), which he offers a good hypothesis

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as to how this could cause the paranormal phenomena of cold spots, electromagnetism, local heavy atmosphere, etc. Inter-dimensional theories peak my interest. I personally like to ask "why" questions when thinking about the paranormal whereby I enjoy exploring and looking for patterns in the paranormal.

Examples of questions I ask are: Why is it I could hear my plates and pots rattling together downstairs in the kitchen as if being washed up at approximately 3 a.m. in the morning of all times? Why is it that someone in America thousands of miles away also reports hearing their pots and plates being washed up in the kitchen when recounting their own paranormal experiences? What's that all about?

Is it some kind of OCD entity that doesn't like dirty cups in the sink? Or is it a particular sound that is designed to irritate and cause anxiety in a person hearing it? If so, why do it? Maybe a carpet Hoover sound is too difficult for the entity?

> "I personally like to ask 'why' questions when thinking about the paranormal."
> —Andy Wilson

Another example of a question I ask myself is why I heard three loud knocks on my bedroom door when no one else was in the house and it was securely locked. Why three and not two or four knocks? What is the significance of three?

I know some people say it is mocking the Holy Trinity, etc. But we have to be careful of projecting our own religious or human value system onto the paranormal. To an interdimensional being, the number three could have a complete different meaning, e.g., three knocks for letting us know it is now in our own three-dimensional plane of existence.

Oh, and just to let the readers know, I was already awake watching television with the light on, but I didn't have the guts to get up and open the bedroom door after these three loud knocks, nor did I sleep the rest of the night. Now that I'm older, I would knock back before opening the door. (This is me saying this in broad daylight, ha ha!)

Q: What is your theory concerning UFOs? Have you ever been abducted by aliens?

Nick: If the late Patrick Moore believed in the possibility of UFOs, then it's good enough for me. Have I been abducted by one? Not that I'm aware, but I'm sure there are plenty of people wished that I had been!

Q: Why do you think readers, and society in general, are fascinated by the paranormal?

Nick: I think that everybody would cite a unique set of reasons for being fascinated by the paranormal. A recent survey undertaken by a national newspaper suggested that 82% of Britons believed in the supernatural, with 68% saying they had had some sort of experience.

To some extent, we all believe there is something beyond our own perceptions, for example, the feelings of being watched or telepathy, and I'm sure that in most cases these have been triggered by psychological factors.

But those feelings stay with you and are reinforced by the accounts of others. Don't get me wrong here. I'm not suggesting that paranormal events are all the figment of our imagination. I'm only putting forward my theory on why the paranormal fascinates society.

Q: Do you have a favorite device you use during your investigations?

Nick: I always take a handheld digital recorder. It's easier than trying to make written notes and is a great memory jogger. And there's always the hope that an odd EVP may crop up too!

Andy: No not really. But I am jealous of Nick's old digital recorder. He seems to capture some amazing EVPs on it. I think it might be possessed. :)

Q: What does the future hold for your investigations?

Andy: We are living in exciting times with refining the process of paranormal investigations. There are a couple of credible organizations here in the UK that are willing to share their knowledge and experience on how to uniform the investigations into an objective process.

We still have a lot of paranormal investigation teams/companies that are commercial and are marketed toward the amateur thrill-seeking ghost hunters.

Nick and I believe in ethical investigations, and we don't charge money. For us, seeking the truth and helping the client is more rewarding. We are conducting experiments and trying new hypotheses all the time.

* * * * *

For more information about Andy Wilson, Nick Howe, and Paranormal Research Investigators UK, visit https://www.paranormalresearchinvestigators.co.uk, https://www.youtube.com/channel/UCRd-02HTAsqckeBQc-UmpEQ?view_as=subscriber, and https://www.facebook.com/nickh.andyw/. ◆

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CREEPY CRATE
BY THE LINEUP

6 Terrifying Encounters With Black-Eyed Children

By Chelsey Dagger via The-Line-Up.com

A mysterious knock at your door in the dead of night. An innocent-sounding request from an unfamiliar child. If the following eerie tales are any indication, encounters with the mysterious black-eyed children can begin relatively harmlessly but end in horror.

Since the early '90s, the so-called black-eyed children have become a staple of paranormal legend. Some believe the children first entered public consciousness after reporter Brian Bethel wrote about two unsettling interactions he had in 1998 with children who had entirely black eyes. Nearly 20 years later, mysterious black-eyed kids have been featured in many a creepypasta.

But what, or who, are the black-eyed children? Typically, these children range in age from early adolescence to late teens and appeal to adults' sympathy, often appearing on the side of a road or on a front doorstep asking for help. Some believe the children are extraterrestrials or vampires. Others believe them to be demons. Regardless, if you see a youngster with jet-black eyes, proceed with caution ...

Below are six of the most sinister stories out there of encounters with black-eyed children. Read on so you can be prepared should they ever call on you in the dead of night.

1. Children in the Snow

In January 2016, a woman in Vermont made the tragic mistake of letting two black-eyed children into her home. A blizzard was raging outside when she heard a faint knocking on her front door. A boy and a girl stood there, shivering, begging to use her phone.

Unnerved by their presence, the woman nevertheless let them in and went to retrieve her phone. After the children walked into the light of the family room, the woman realized their eyes were completely black. As she stared at them in horror, her husband's nose began to bleed at the same time that the power suddenly went out.

After what felt like an eternity, the children spoke in unison, saying their parents had arrived. The woman watched as the two quietly left her house and entered a nondescript black car with a man in a suit.

Not long after the strange encounter, the woman's husband was diagnosed with severe skin cancer. The woman began to suffer from regular nosebleeds and an onslaught of other medical issues.

Source: Megamoto85 via Wikipedia

She's convinced her failing health, along with her husband's, is the result of the black-eyed children she unwittingly let into their home.

2. All Work and No Play

In 2010, a man, known as Noetic, encountered two-black eyed teenagers outside his place of work. It was an ordinary July night in Ohio, and Noetic was in the middle of a night shift. Craving a cigarette, Noetic stepped outside the building and noticed two teenage boys across the street.

As he smoked, he realized that the boys were staring at him. Weary, Noetic returned to the safety of his cubicle and tried to refocus on his work — only to see, through the security cameras, that the boys had appeared in front of his building, motioning for him to come outside.

Fed up, Noetic went to the door, contemplating whether or not he should call the police. As if they had read his mind, the boys insisted that such an action was unnecessary: All they needed was to use a phone. Noetic refused. He watched in horror as one of the boys continued to stare up at the security camera, while the other ventured to the back of the building, watching the cameras as though they could see what Noetic was doing.

With frayed nerves, Noetic contacted the police, watching the teenagers on the video feed the entire time. When the officer arrived on the scene, he could not locate the teenagers anywhere, despite the fact that Noetic never tore his eyes away from the video feed.

3. The Boy by the Truck

On March 17, 2008, a 12-year-old boy had a bone-chilling experience in an outlet parking lot. While waiting in his mother's truck for his mother to finish getting a haircut, he saw a boy walking across the parking lot. Thinking it was a friend from school, the boy banged on the window until the other boy turned.

Realizing it was not his friend, the boy in the truck watched in confusion as the strange kid walked up and stared through the window. The boy caught one glance at the other boy's solid black eyes and knew he was staring into the face of evil.

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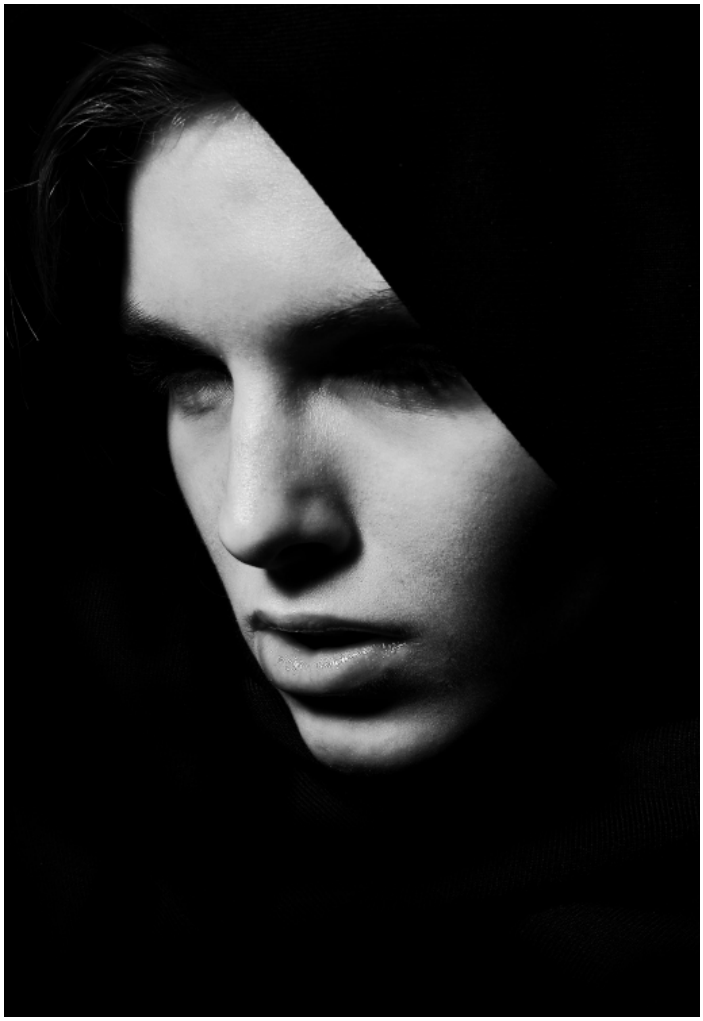


"You must let me in," the black-eyed boy demanded. Panicked, the boy in the car crouched under the glove compartment. After several minutes, the black-eyed boy finally disappeared. When the boy's mother returned to the truck, she informed her son that the black-eyed child had come into the salon, demanding the keys to her vehicle. Thankfully, the boy's mother did not give in.

4. Bumps in the Night

One night a man was dozing in the spare bed in his infant daughter's room when he heard a strange bump outside his house. Initially, the man thought nothing of it, believing it to be the family cat. But the thumps continued.

The man checked the porch, but the cat was nowhere to be found. He then walked into the kitchen and found two figures loitering outside his front door. They knocked on the door. Both were boys, around 10 or 11, and gave off a pungent, moldy odor.

"May we use your telegraph?" one of the boys asked, looking up at the man. To his horror, the man realized both boys had eyes that were completely black. Ignoring the odd remark about a "telegraph," the man told the boy he didn't have service in his house and shut the door.

As the man slowly made his way back to his daughter's room, the two boys thumped on the walls. The man clutched his daughter to his chest as the boys incessantly knocked against the window. Their eerie eyes and awful persistence made the man too scared to fall asleep. He remained crouched on the floor of the room for several hours, fighting to ignore the knocks that occurred every couple of minutes.

The moment his wife's alarm clock went off, however, the knocking ceased, and the black-eyed children were nowhere to be seen.

5. Treats and Tricks

One October day, a man was walking up to his front door when he realized that his neighbor hadn't set out his typical array of Halloween decorations. He spotted his neighbor, and asked him about it. The neighbor informed him that a terrifying experience the year prior deterred him from participating in Halloween that year.

It was around midnight, the neighbor recounted, when he heard a knock on his door. Thinking it was a band of late-night trick or treaters, the man grabbed a bowl of candy and shuffled to the door. He swung the door open and was about to greet the two male teens when his body became rigid with fear. Both boys had pitch-black eyes, void of any white around their irises.

One of the boys asked to come in and use the phone. Luckily, as he was overwhelmed with dread, the man refused.

6. Cryptic Beauty

One evening, a recluse living in British Columbia decided to see a scary flick at the local movie theater. Already on edge because of the film, he leapt from his chair when he heard a knock on his door later that night.

With each step he took toward the door, the man felt a sense of dread flood down his spine. Nevertheless, something compelled him to open the door. Standing on the front porch was a beautiful teenage girl. The man guessed she was around six feet tall, and she had beautiful blonde hair.

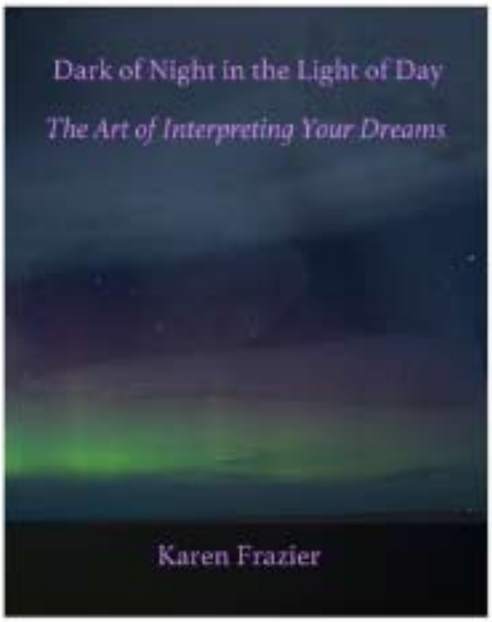
"May I enter the premises?" the girl asked, looking up at the man with solid black eyes. Horrified by what he saw, the man screamed and slammed the door in her face. He marched to his bedroom, pulled out a gun, and sat in a chair in the corner until morning.

Hours later, the man went to retrieve his mail. The black-eyed teen was nowhere to be found, but the word "soon" was etched into his front door. ◆

New from *Paranormal Underground* columnist

Karen Frazier

Unlock the power of your dreams



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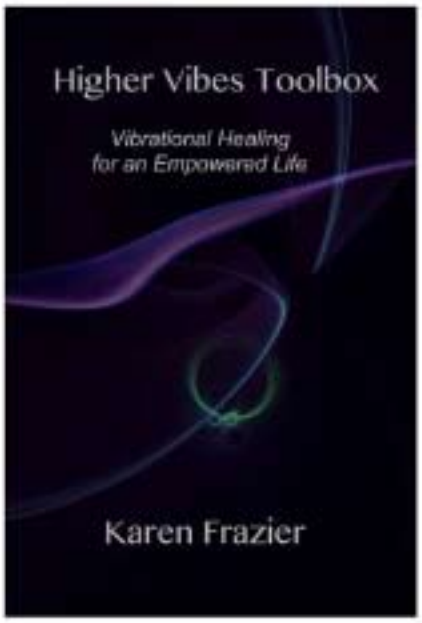
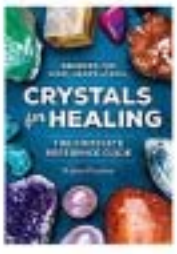
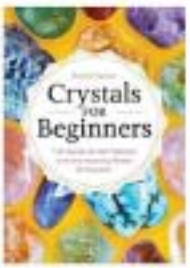


Also by Karen





AuthorKarenFrazier.com

12 HAUNTED TRAILS
That Will Keep You Out of the Woods Forever

By Shannon Raphael via The-Line-Up.com

Many people seek out hiking trails that show off a slice of an untouched landscape. The densely-packed forests and clear streams seem like a different universe from the concrete jungle and the unnatural uniformity of many a suburb. A hike can symbolize solitude, freedom, and simplicity. Or, in the case of these haunted trails, they can mean violence, death, and terror.

It's no wonder that there is a multitude of hiking trails out there that are believed to be haunted. From cave hospitals to an abandoned railroad tunnel to the grounds of an old insane asylum, this is a list of some of the most haunted hiking trails in the U.S. They give new meaning to the expression "you'll never walk alone."

1. Bash Bish Falls (Mount Washington, Massachusetts)

Bash Bish Falls is known for two things: for having the highest waterfall in Massachusetts and for being haunted by a Mohican woman. Legend has it that Bish Bash was accused of adultery and sentenced to death. The Native Americans in her village were supposed to tie Bish Bash to a canoe and let it drop down the 60-foot falls to kill her. But, on the morning of her execution, a cloud of butterflies appeared. They surrounded her, giving her time to escape. She jumped in the falls and was never seen again.

Bish Bash had a daughter, White Swan, who married after her mother's death — or disappearance. She was infertile, so her husband took another wife who could have children. Heartbroken, she started to have visions of her mother. Summoned by Bish Bash, White Swan too jumped into the falls. Her body was never seen again.

Along the six-mile Iron Goat Trail in Stevens Pass, Washington, hikers say they've heard the screams of victims from a train derailment that occurred back in 1910, one of the deadliest railroad disasters in American history. (Photo by Linda Roa via Washington Trails Association)

Murphy Ranch in Pacific Palisades, California, is full of creepy pathways, winding trails, and long stairways. It was once planned to be Adolf Hitler's West Coast getaway once the German's won WWII. (Photo by californiathroughmylens.com.)

Today, visitors to the falls claim to see the outline of a woman standing behind the water. Bish Bash is also one of the most dangerous trails in the United States, with more than 25 people dying in falls while hiking. It's no surprise that there may be spirits lurking nearby.

2. Gates of Hell (Antioch, California)

Empire Mine Road is as isolated as it gets, so the gate on the side of the road is a sight creepy enough to get your heart racing all on its own. The metal barricade was placed on the road to prevent cars from going any farther. Those who dare to go near it should not stop by it or pass through it.

It is rumored that the area behind the gates used to have an insane asylum where lobotomies and shock treatments took place. The spirits of those who suffered there are said to haunt the gate. The grounds also used to have a slaughterhouse; some believe that the spirits of the animals killed there also haunt the gate.

3. Murphy Ranch (Pacific Palisades, California)

The Murphy Ranch is an abandoned Nazi camp in the wealthy suburban California area. Yes, you read that right. A wealthy couple was convinced by a German man to create a compound for Nazi supporters to live in once Germany won World War II.

The couple, who were Nazi sympathizers and white supremacists, were apparently fairly easy to convince. The German claimed that the American government would inevitably fall once the German forces were victorious, which would lead to a period of intense anarchy. The couple invested around $4 million at the time, and they built far more than just a simple home.

The compound had a machine shed, power station, gardens, and an irrigation system that would be capable of growing enough food to sustain German troops. Though some of the buildings were knocked down for safety reasons, a few remain and are enough to send chills down your spine once you think about what the place could have been had the Germans won the war. The remaining structures on the compound are covered in graffiti, but are around for visitors to explore — if they dare.

4. Iron Goat Trail (Stevens Pass, Washington)

In 1910, an avalanche knocked two trains off their tracks along the Iron Goat Trail, killing almost 100 people in one of the deadliest railroad disasters in American history. The tunnel was abandoned after the now-used

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Ghost House Trail in Big Ridge State Park in Tennessee is considered the most haunted trail in Tennessee. It is haunted by several ghosts, according to local hikers. (Photo by woodlandsandwaters.wordpress.com.)

Cascade tunnel was constructed, so people can now walk through the area where the people died.

The trail is nearly six miles long, but fans of the paranormal will find it worth the trek. Hikers have claimed to be able to hear the screams of victims and the sound of the train derailing.

5. Bloody Lane Trail (Keedysville, Maryland)

If the name doesn't give you a foreboding sense of the haunted nature of this trail, then its backstory will. The nearly two-mile trail goes through the Civil War battle site of Antietam. Antietam was the bloodiest battle in the Civil War: Nearly 23,000 people died, were wounded, or went missing in action there.

The trail itself is sunken, which gave the Confederate Army limited protection for the beginning of the battle. Soldiers fought on the trail for nearly four continuous hours. Those who survived claimed that so much blood flowed through it that it looked like a river. The name "Bloody Lane" was coined and has stuck ever since.

After the battle ended, nearly all of the dead were placed in the sunken lane, left there until their burials. Those who dare to walk along the trail have claimed to smell gunpowder, hear screams, and see silhouettes of the dead.

6. Long Path (Letchworth Village, New York)

In 1911, a mental institution was built on the grounds that eventually became part of New York and New Jersey's Long Path. When patients (mostly children) died, their burial sites were marked by T-shaped markers instead of gravestones, which you can still see today. Numbers marked the graves instead of the names of the dead.

The institution was notoriously overcrowded, a contributing factor to the deaths of many who went there. The children there were also subjected to various experiments.

Those who have walked along the path have claim to see the ghosts of children who died at the institution. Some alleged that they saw actual dead bodies, and others have heard noises they described as unnatural.

7. Ghost House Trail (Big Ridge State Park, Tennessee)

Considered the most haunted trail in Tennessee, Ghost House is a mile-long loop that has a complicated backstory. One famous story is that of Mary Hutchinson, a young girl who lived on the land but tragically died from tuberculosis in the 1800s. Hikers have said that they can hear Mary's beloved dog panting, snarling, and barking.

Legend also tells of a settler named Peter Graves who was scalped in the woods along the trail. His spirit lingers in the area to this day.

However, the most frequently encountered ghost is Maston Hutchinson, Mary's father. You'll see Maston's grave in Norton Cemetery, near the start of the track. Maston is seen either in his Confederate uniform or a flannel work shirt and sometimes appears in photos. Some visitors have even reported feeling a bony hand wrap around their ankles.

8. Mount Chocorua (Albany, New Hampshire)

Many creepy things have happened in the White Mountains of New Hampshire, and the summit Mount Chocorua is no exception. The legend of the mountain is that a Native American chief named Chocorua lived at its base when white settlers came to the area.

He was friendly with a settling family, the Campbells, and Chocorua left his son with them when he was called away somewhere else. When he returned, his son was dead. He had consumed poison that Mr. Campbell was using to kill foxes near his farm, but Chocorua vowed to get revenge on the family.

Mr. Campbell came back to his house one day and discovered that his wife and kids had been brutally killed.

Campbell followed Chocorua up the mountain. He shot Chocorua with a rifle, who was wounded. Chocorua cursed the white settlers and then jumped off the mountain top to his death. Any deaths or strange occurrences that have happened in the area since are said to be because of the curse of Chocorua.

9. Dogtown Common (Gloucester, Massachusetts)

Dogtown, now a ghost town, was settled in 1693. Its name allegedly came from local dogs that protected the women of the town while their husbands fought in the American Revolution. The area was abandoned, but not before supposedly becoming settled by witches. The once open area is now a dense forest.

Hikers can see the remnants of cellar holes from the town and the Babson Boulders, which were commissioned by Roger Babson (the founder of Babson College) during the Great Depression. He paid unemployed stonecutters to write inspirational messages on the boulders. Unfortunately, those messages now look ominous and downright creepy.

Dogtown Common in Gloucester, Massachusetts, is now a ghost town. Before the area was abandoned, it was reportedly settled by witches.

Hikers will likely encounter a few of these boulders among the overgrown land, and if you don't know the backstory, you might be tempted to run.

10. Devil's Den (Gettysburg, Pennsylvania)

Another Civil War battle site, Devil's Den is a ridge that many Civil War soldiers used as sniping grounds. Visitors can walk through the sniper area, where so many men lost their lives.

Those who walk through have said that invisible hands played with their cameras. Sometimes, camera batteries go dead. The people who are able to get pictures have seen blurry outlines of figures in soldiers' uniforms.

11. White Sands National Monument (White Sands, New Mexico)

The ghost who haunts the White Sands area is one half of a couple separated by war and death. Hernando de Luna left Mexico City and his fiancé, Mañuela, to go with explorer Francisco Coronado to modern New Mexico in 1540. When Hernando and Coronado were attacked by Apaches on the edge of the White Sands, Hernando died. Hernando was buried somewhere along the expedition's path.

When Mañuela heard, she set out from Mexico City to look for her beloved's grave. She was last seen just north of modern El Paso, Texas. People who walk through the White Sands Monument claim to have seen the ghost of Mañuela, now known as Pavla Blanca, there. She wears her wedding dress and is still looking for the body of her beloved.

12. Mammoth Cave (Brownsville, Kentucky)

The cave is appropriately named, as it is one of the largest in the world. Mammoth Cave is also considered to be the most haunted natural wonder in the world — there have been over 150 documented paranormal events. Many of these were even reported by scientists and park rangers.

Because there are so many passageways and hidden nooks when you go inside, you can be sure that you have no idea what lays ahead in the rest of the cave. The cave has existed for more than 12,000 years, and historians believe that it was initially used as a burial site because they found actual mummies in the cave.

In 1839, a doctor purchased the cave for $10,000. He wanted to build a hospital in it because he believed that the temperature of the cave was conducive to curing tuberculosis. He built 11 huts inside Mammoth, and patients moved in for care. Many died; ironically, even the doctor succumbed to the disease in 1849.

Visitors can see the remnants of these huts and the huge rock that the dead bodies were put on. Many believe that the victims' spirits and those of the mummies are trapped in the cave. You'll have to venture inside to find out if it's true. ◆

The Creepy Legend of the Janesville Doll

By Orrin Grey via The-Line-Up-.com

Janesville, Minnesota, is a fine example of small-town America. With a population of more than 2,000 people, it's the kind of community you drive through at an easy pace — or pass by at a distance. Today, Highway 14 sidesteps Main Street Janesville entirely.

Still, until a few years ago, curiosity seekers followed the old Highway 14 route to 1st Street in search of a peculiar local mystery. Their destination? An unassuming house with an eerie figurine framed in the attic window, its blank stare peering out of the glass.

It was known as the Janesville Doll.

What was the secret of the Janesville Doll? Who put him there, and why? Dozens of explanations cropped up over the years — some more fanciful than others. Eventually, the small-town mystery transformed into a full-blown urban legend.

The story of the doll centers on the house's owner and the death of the owner's young daughter. Her demise changed depending on which account you heard; in some versions she succumbed to illness or a tragic accident, while in others her end was far grislier.

In one dark tale, the girl was abused and neglected by her family. Neighbors feared her; she soon became a prisoner of her attic room. There she would sit and stare out the attic window as the world passed by without her.

Overwhelmed with sorrow, the girl hanged herself. Her parents, realizing what they had done, placed the doll in the attic window as a memorial.

Soon thereafter, the Janesville Doll allegedly came to life.

Visitors claimed to see that the doll sometimes changed position or that its placid expression transformed into anger, glaring at onlookers from behind the glass.

Such claims help explain a demonic twist to the Janesville Doll legend. This version also centers on the demise

The Janesville Doll first appeared in a Janesville, Minnesota, house's window in 1976. Why? Urban legends claim various theories are responsible for the doll's presence in the house, including a grisly suicide. But the doll's owner never revealed if there was any substance to the legends.

of a little girl in the house, but maintains that it was the result of demonic possession. The child died during an exorcism, and it was the demon itself that entered the doll — threatening to possess anyone who dared gaze into the doll's eyes for too long.

As for the facts of the Janesville Doll case, they too remain shrouded in mystery. The home that housed the doll once belonged to man named Ward Wendt. Wendt was born in the house and lived there until old age. He was reportedly a collector of antiques and train memorabilia. He placed the doll in the window sometime in 1976, never telling a soul why he did it.

According to Wendt, the house had belonged to his family since Janesville was founded and nothing "excit-

Some legends claim that the doll was possessed by a demon that was set on possessing anyone who dared gaze into the doll's eyes for too long. Truth or legend? We may never know.

ing" had ever happened on the property. There appears to be no record of suspicious deaths or mysterious events associated with the house to give credence to the many tales surrounding the doll. In 2012, at the age of 84, Ward Wendt passed away, taking the secret of the Janesville Doll to his grave.

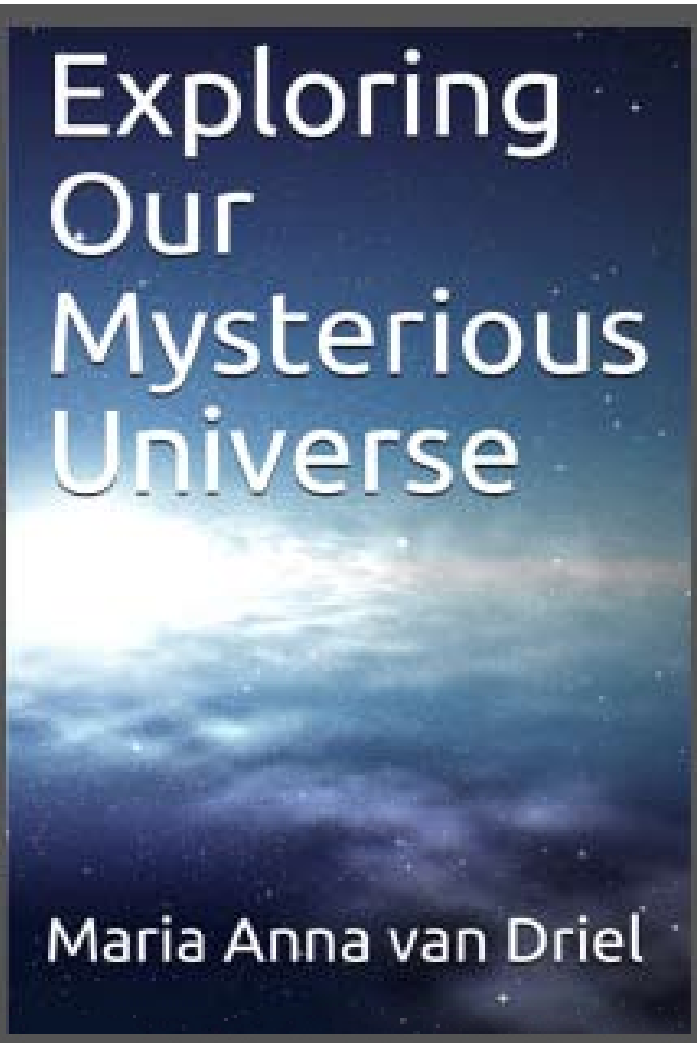
Or maybe not. One final tale about the doll might hold the key to the mystery. The same year the doll first appeared in the window of Wendt's home, Janesville buried a time capsule in a nearby park in honor of the United States Bicentennial. In that time capsule, Wendt is said to have placed a note in which he reveals his reasons for putting the doll in the window.

The only catch? The time capsule is not scheduled to be unearthed until 2176.

After Wendt's death, the Janesville Doll was moved from the attic window to a special showcase in the Janesville Library. A Facebook account and MySpace page have since cropped up in honor of the legendary figurine. Whether it continues to inspire strange stories and paranormal reports among the library stacks, only time will tell.

To learn more about the Janesville Doll, watch the video below:

https://www.youtube.com/watch?v=lPxHLY1XAJo ◆



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The Haunting of Loftus Hall

By Rick E. Hale

A question I frequently get asked when people discover my interest in the paranormal is: What causes a person to remain in this world as a ghost? Since the very beginning of organized paranormal research and investigation, this is a question that has caused a great deal of debate.

It's commonly believed that lost love, untimely death, and unfinished business are the top three theories that have topped the list for well over a century. If there is any truth to these, this could explain the unusual amount of ghosts and aggressive hauntings at what has been called Ireland's most haunted house, County Wexford's Loftus Hall — a house where murder, mayhem, and madness come together to create the perfect paranormal storm.

Ireland's Loftus Hall has had a long, storied history, including legends of poltergeist activity and even a visit by the Devil. (Photos via loftushall.ie.)

The History of Loftus Hall

Located on the scenic Hook Peninsula in Southeastern Ireland, Loftus Hall looks every bit the stereotypical haunted house. Loftus Hall began its long and tragic history in 1170 CE when Raymond Fitzgerald, a Norman soldier, landed in Hook Peninsula. Fitzgerald, seeing an opportunity in this land, bought a large plot of land and built Houseland Castle. In the 14th century, Houseland Castle fell into disrepair. And in its place, Redmond Hall was built.

The house remained in possession of the Redmond family until 1651, when Alexander Redmond died and his family could no longer afford the house. When the family vacated the house, it was put up for auction. And in 1666, it was purchased by Henry Loftus, a wealthy landowner from Yorkshire, England. Redmond Hall was renamed Loftus Hall after its new owner.

The years following the purchase of the home by the Loftus family were successful. The family climbed the ladder of nobility, producing a number of Earls, Barons, and Viscounts. Wanting to attract the attention of Queen Victoria, John Henry Loftus, the fourth Marquess of Ely, began a huge renovation of the Hall between 1876 and 1879.

According to historians, Loftus spared no expense in making the house grander than it had ever been. He made the house three stories with a grand staircase built by a much sought-after Italian craftsman. And he installed an ornate mosaic floor the likes of which had never been seen in Ireland. Loftus was certain these elegant improvements would attract a visit by the English monarch. Sadly, Queen Victoria never arrived, leaving the family disappointed with an enormous bill to pay.

Does the ghost of Anne Loftus still roam Loftus Hall as some claim? Or does the Devil himself roam the building?

Although Loftus Hall has a colorful past that would attract the attention of any history enthusiast, it is the supernatural tales of mayhem and madness that appear to bring in the tourists. And these hauntings can be traced to the legends surrounding Anne Tottenham.

The Lore of Loftus Hall

In the mid-1600s, Charles Tottenham and Anne Loftus, daughter of the first Viscount, fell in love and had a whirlwind romance resulting in marriage. Eventually, the happy couple began their own family to fill Loftus Hall. Charles and Anne had six children, four boys and two girls, Elizabeth and Anne. Unfortunately, tragedy struck, and Anne Tottenham died, leaving Charles to care for their six children.

The children grew into young adulthood, and it's during this time the most enduring legend surrounding Loftus Hall was born. A legend that led to the haunting of Ireland's most haunted house.

One night, a powerful storm blew in from the sea, striking the Hook Peninsula with a violent force. In the midst of that storm, a mysterious young man arrived by boat and sought shelter at Loftus Hall. The stranger was invited in with open arms and stayed at the house for several weeks.

When Anne was introduced to the young stranger, she was immediately smitten by his dark features and rugged good looks. Anne and the stranger struck up a quick romance and spent every waking moment together. Anne and her lover could be found either exploring the Wexford coastline or in the tapestry room planning a future together — a future where the young lovers would become the Lord and Lady of Loftus Hall.

Those dreams of eternal love came crashing down one fateful night, when Anne and her lover, along with several guests, were playing cards in the tapestry room. Anne dropped a card under the table, and when she reached down to retrieve it, she got the fright of her life. The handsome stranger's feet were not the normal feet of a man, but rather the cloven hoofs of a devil from Hell.

When Anne let out a blood-curdling shriek, the stranger transformed into a demon and shot out of the room through the roof. The love that Anne thought she had was replaced by petrifying terror.

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Today, the Quigley family owns Loftus Hall, and the house is open to the public for daily tours.

Following the harrowing experience, Anne's mental state made a downward spiral into the abyss of madness. Her family had become so embarrassed by her crazy, animal-like behavior, they locked her in the tapestry room. Day and night, Anne shrieked incoherently and pounded on the door until her knuckles were bloody.

Then one day, the pounding and shrieks of madness came to an end. When her family opened the door, they discovered the broken, emaciated body of Anne dead in a chair. Observers reported her muscles we're so rigid that she was buried in a sitting position. Anne may have finally been dead, but the madness didn't die with her.

Poltergeist Activity at Loftus Hall

Shortly after burying Anne Tottenham, Loftus Hall began experiencing aggressive poltergeist activity. The sound of heavy fists hammering on the walls day and night could be heard. And personal items were thrown around the house, shattering against the walls.

The activity became so extreme, the family, who were Protestant, begged a Catholic priest to perform an exorcism. They hoped an exorcism would rid Loftus Hall of the evil spirit that besieged their home.

Thankfully, the priest was successful in clearing the home of whatever manner of spirit haunted it. Sadly, the priest died soon thereafter. Some believed it was a result of the spiritual battle he waged against the evil that terrorized Loftus Hall.

The 20th century was anything but kind to Loftus Hall and the family that was the house's namesake. The family went bankrupt following the death of the last patriarch, and the house was put up for auction.

In 1937, the house was converted into a convent; however, the memories of the locals were long, and they refused to attend mass in the chapel. The parishioners believed the house was still the abode of evil spirits. And the apparition of Anne Tottenham still gripped by madness was witnessed in the castle running about and screaming.

Needless to say, the convent did not last long. The house sat empty for several decades, until 1983, when a local business man turned Loftus Hall into a hotel. Loftus Hall's reputation as a cursed property didn't stay quiet for long.

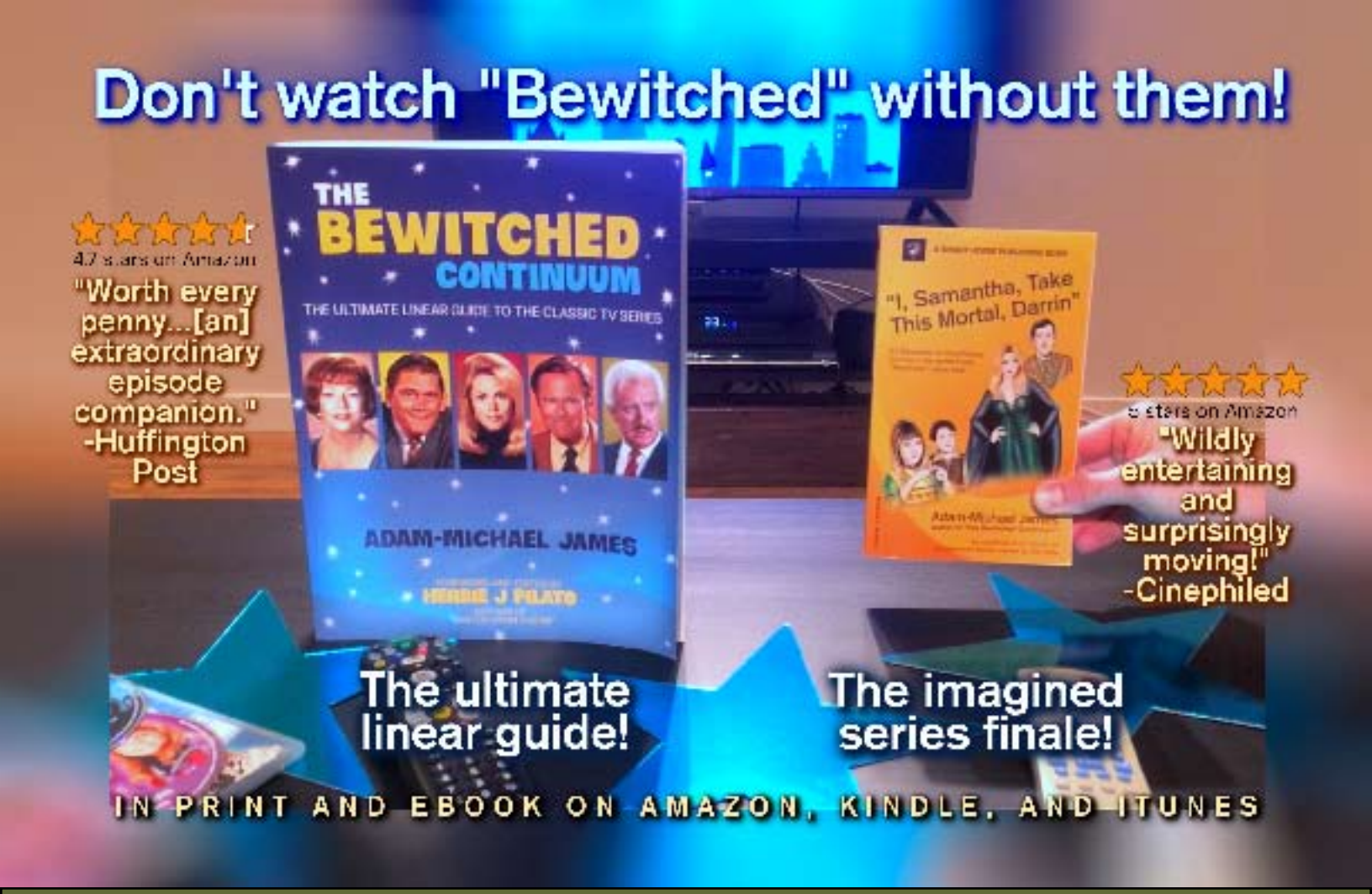
Perhaps it was just coincidence, but the owner was found dead of a massive heart attack where Anne's body was discovered centuries earlier. The owner's wife was left to solely handle the day-to-day operations of the hotel, which for anyone would be a daunting task. And then one day, without explanation, the widow walked away from the hotel, leaving everything behind. She was never heard from again.

For over two decades, Loftus Hall stood empty, a silent sentinel on Ireland's Southeastern coast. Stories of horrifying ghosts and devil worship were said to happen at the old house, causing many to avoid it at all costs.

Today, the Quigley family owns Loftus Hall, and the house is open to the public for daily tours. It's on one of these tours that the legend of mad Anne Tottenham was confirmed. A tourist taking pictures in 2014 captured the image of a ghostly young woman standing in a doorway. None of the other tourists appeared to be aware of the ghost in their midst.

Loftus Hall is one of those places where you are left with more questions than answers. Personally, I'm willing to accept that the ghost of Anne Tottenham still haunts Loftus Hall. As for the devil paying a visit to this stately old house, well, the jury is still out for me.◆

Don't watch "Bewitched" without them!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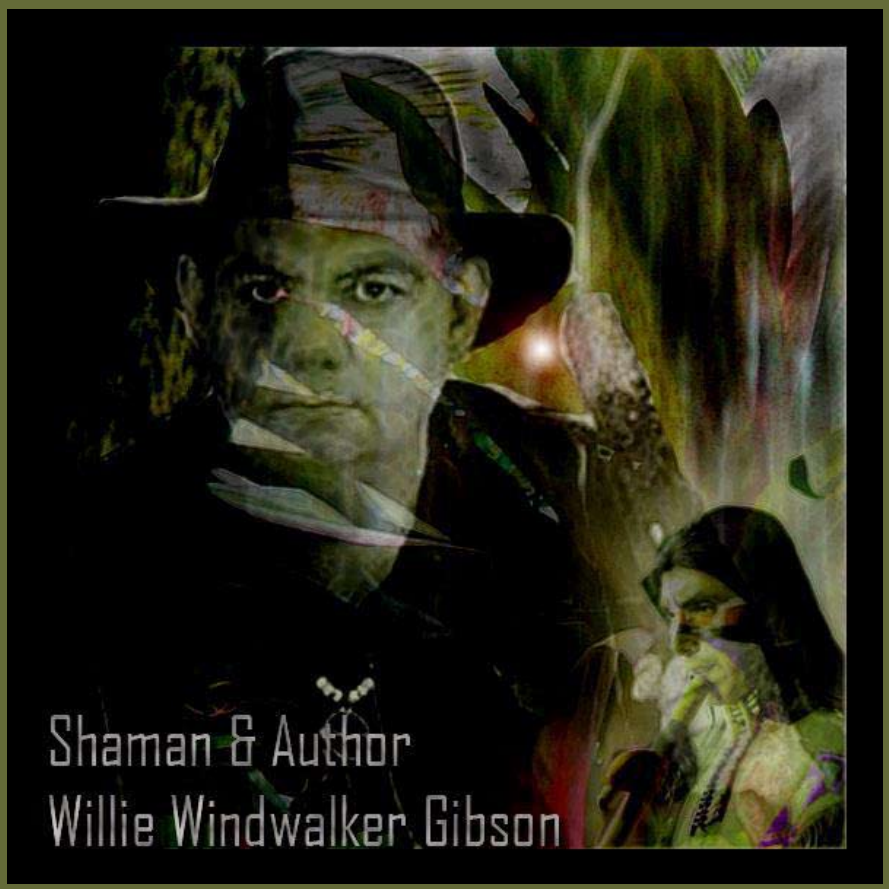

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Dealing With Grief

There Is No 'Right Way' to Grieve

By Karen Frazier, AuthorKarenFrazier.com

My dad died on February 1 of this year. I don't say that to garner sympathy but merely as a statement of truth. I say that because my dad no longer walks this earth, and that is my new reality.

He is not the first person I love who has died, but he is certainly the closest. His illness seemed sudden, although it had likely been around for months. In late October, he got a cold. He still had it at Thanksgiving, although his doctor assured him it was just a virus that was lingering.

After the holidays when the cold was still there, his doctor grew concerned and sent him to a specialist. On January 10, he was diagnosed with late-stage lung cancer and was in a severe amount of pain. No treatment would prolong his life. He entered hospice the last week in January and died after a few days. My mother, sister, nephew, husband, and I were all by his side as he breathed his last breath.

Over the past few decades, I've developed into a pretty chill person. Especially in the past five or so years, I've been an anxiety-free, happy-go-lucky, roll-with-the-punches kind of gal unless something extreme has happened. Perhaps not surprisingly, that is also the period in my life where I've hit my stride as an intuitive energy healer and psychic medium.

Living what I believe is my life's true purpose has smoothed my rough edges and given me a broader perspective about life and death. It's allowed me to move into my authentic self. I've communicated with hundreds of spirits of people who have passed, including some I love. I've offered comfort to people who are mourning the loss of loved ones. So I guess somewhere in the back of my mind, I believed that when one of my immediate family members died, I would handle it with a similar level of aplomb, understanding, and even-temperedness.

That didn't happen.

* * * **

On the day my father was diagnosed, I stopped eating. I couldn't. I tried. I'd take a bite of food and nothing would go down. I barely slept. I threw myself into work. And in my darkest moments, I was convinced I didn't remember how to swallow. I'd try to swallow and panic would set in until I was able to relax myself enough to do it. Then, as soon as I did, it would start all over again. I was terrified I was going to choke on my own saliva.

I knew intellectually these were all manifestations of anxiety arising from the stress of my dad's illness and worry about my mom, but even knowing and understanding that didn't matter.

By about January 15, doctors told us my dad prob-

ably had six months left. It was plenty of time, I thought, that we could get together and say everything we had to say. My sisters and I planned a weekend with my parents at the beginning of February where the five of us could spend time together as a family.

In the meantime, I threw myself into my work, taught my classes, and accepted any project that came my way to keep my mind busy. During that two weeks, I wrote two books if that tells you anything about how frantically I worked. You have lots of time to do stuff when you stop sleeping and eating.

Early in the week before we were supposed to spend the weekend with my parents, my mom called and said dad was going into hospice to get his pain under control. It sounded like he would be put on some medication and return home, just as he had the previous week when he was hospitalized for the same reason. Still, in my heart, I knew my dad would enter hospice and he wouldn't return home. I hoped I was wrong, but I didn't think I was.

The next day, mom called and told us if we wanted to see Dad, we needed to come now. Unfortunately, my younger sister had a flight from Hawaii where she lives for a few days later and wasn't able to change it. My older sister, my husband, and I dropped everything and headed to my hometown where we sat with my mom and dad in hospice.

* * * **

My father was minimally lucid when I arrived. He had short periods of wakefulness, but he was heavily drugged and would quickly drift off to sleep. It was difficult to understand what he said when he was speaking. In one particularly lucid moment, he opened his eyes, looked at me, said, "Hi Kar," and then asked me, "Am I dying?"

I told him yes because what else was I going to do?

It quickly became apparent that even as heavily medicated as he was, my father was still in significant pain, so meds were raised to try and control it. He slipped away then; he was out of pain and still with us but not really with us.

On Thursday evening while my younger sister was still on an airplane, Dad took a turn. Something changed. His breathing was different — more erratic. We knew it would be soon, and all of us stood by his side and talked to him. We told him it was OK to go, that mom would be OK, and that we would all be OK. We told him we loved him. Well, at first just my mom and my sister did because I was overcome. I couldn't speak the words in my heart, but then as I got my emotions under control, I was able to tell him the same thing.

After a short period that seemed like forever, something in the room changed. I felt something — someone there. I knew his loved ones had come for him. I turned to Jim, signaled this would be Dad's last breath, and then watched as he took it. I felt him go.

My dad died. I didn't want to let him go, but I knew we had to. Life is not the same without him, and my world is forever changed.

We lingered for an hour in hospice as they took care of Dad's body and friends came to offer love and support. When they took him to the funeral home, Jim and I staggered back to our hotel in a daze.

* * * **

All the way, I heard my dad chattering at me, but I assumed it was just wishful thinking. He was telling me what he was experiencing, and I was happy to listen, but for once I didn't believe I was actually receiving psychic communication. I just thought I was doing what I needed to do to comfort myself.

Back at the hotel, Jim left to get something out of our car while my dad's voice still chattered in my head. I said, "I wish it was really you, but I know it's just my mind." And then someone physically yanked my hair hard, and my dad's voice said loudly, "Hey! Listen to me. I'm here."

And so I listened. What he said was between us. And in the back of my mind, I still didn't believe I was really hearing it.

The next several weeks were numb. I went to the funeral. I took on more and more work. I taught my classes. When I tried to speak of my dad, I broke down in

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sobs. And when I was alone, my dad would come to me and talk. I didn't know if he was really there; I couldn't trust my abilities because I knew what I wanted to believe would supersede what was actually happening. I felt him visit regularly. And although I didn't believe he was there, on the off chance he was, I talked to him. Doing so gave me comfort.

I told him that to get through to my mom and sisters, the best way was to communicate in their dreams since they weren't actually believers in psychic ability or spirits. I told him I missed him, I loved him, and I wished I could have had more lucid time with him before he died. I had full conversations every time I felt his presence even though I was sure he wasn't really there, but I just wanted him to be.

* * * * *

A few months later, I was at the Oregon Ghost Conference, where I teach and speak every year. I was surrounded by psychics, and I told my dad on one of his visits, "If you're really here and you've really been coming to me, please communicate with one of my psychic medium friends and have them speak to me privately, giving me some kind of information so I will know I truly have been communicating with you."

My friends Seth Michael and AurorA were giving a gallery reading that night at the conference. So far, nobody had said anything to me from my dad, so I thought that probably confirmed what I knew, which was my conversations with and visits from him were all in my mind. After all, my dad when he was alive was pretty skeptical about psychics, and my abilities were a subject we just didn't discuss in my family of birth. So I had zero expectations at the gallery reading; I was there to support my friends.

I stood in the back of the room watching people getting messages from loved ones when I heard my dad's voice say to me, "Watch this," as Seth and AurorA were transitioning from giving messages to one person to another.

Then Seth started making a horrible coughing noise — one I'd heard before. "This man is making me feel so much pain and like I can't breathe and he sounds like this," Seth said, making the strangled noise again. It was the exact noise my dad made as he was in hospice dying.

"He says, 'I gave up the ghost,' and laughs," Seth said. "He says, 'I willed myself to die.'"

Seth was communicating with my father, who thought my ghost stuff was amusing and often made the joke of "giving up the ghost."

And so, in front of a ton of people, my dad, who was always slightly embarrassed by the whole psychic and ghost thing, communicated with me. The content of the message didn't matter as much as the fact he was there, and that he was publicly acknowledging an aspect of me that my family never speaks of because they find it embarrassing. He was also letting me know by communicating through Seth that all the communication I believed to be my imagination was, indeed, real. It brought me comfort, and it also released something. It was the start of my true grief process.

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I always believed that as a psychic medium I would handle the death of loved ones fairly well, as my belief and understanding is people never really leave us and love never really dies, that they are there looking over us and loving us in spirit form. I've shared this information with hundreds of people, and I've felt it viscerally as I do.

But when my dad died, I forgot all of that. Or for a while, I stopped believing it. I became trapped in numb-

ness where I felt safe. There's not a word deep enough to describe the raw depths of my pain at my dad's death, and it wasn't a feeling I was willing to allow myself to experience or process. The part of me who had comforted so many people by telling them their loved ones were still there was deeply ashamed that when death became that closely personal, I somehow lacked the power of my convictions.

I was angry at myself for grieving so deeply and unwilling to allow my grief because of my belief that consciousness survives death and my dad wasn't really lost. I believed I was supposed to grieve a certain way or that my grief should somehow be less because I could communicate beyond the veil. My pain grew sluggish and sticky. I was mired in it because I refused to allow myself to move through it since I didn't believe given what I knew about the human soul, I should be grieving at all.

When our loved ones die, their bodies are no longer there. But their souls — those live on.

Instead, I processed in bits and pieces. I've had times where I've broken down, times where I've been numb, and times where for just a moment I have a glimmer of understanding that what I believe about life after death is true. But those moments of knowing were ephemeral, and they slipped away before I could grasp them with desperate hands.

In mid-August, we gathered to scatter my dad's ashes. We chartered a boat filled with family and friends and traveled to the San Juan Islands. On the way, we saw porpoises, and when we arrived at the spot, there was an unexpected pod of migrating orcas.

All of my life, I've dreamed of dolphins, porpoises, orcas, and whales. They come to me in dreams during difficult periods, and I always wake from the dreams knowing everything will be all right, and all is as it should be. So it was no mistake they were there that day when we scattered my dad's ashes. They were there for him and from him, and they were there for all of us.

As my older sister and nephew poured his ashes into the water where the orcas swam, the ashes made a beautiful pattern in the sea. And I did something I was unable to do at his funeral. I allowed myself to feel the depths of my grief and I cried. I told my dad goodbye, and I let him go. And underneath, I felt something else, as well. I felt gratitude I'd had my dad for 52 years and for the father he'd been, and I knew I never truly would have to let him go because he was a part of me.

* * * **

There is no right or wrong way to grieve, nor is there a time frame or normal behavior. Regardless of what you believe or what you know, when someone you love dies, it is intensely personal. It doesn't matter if you can communicate with spirits, if you believe in life after death, or if you believe your loved ones remain with you even though they are no longer physically embodied.

For quite a while, I was unwilling to allow the grief to touch me because I didn't believe I had a right to it given what I knew to be true about the nature of the Universe. But as I tried to go about life as usual, my dad kept creeping in, and so did deep sadness at his passing. Eventually, I came to a place where I could either choose to suppress it and live my life in a state of numbness, or I could lean in and allow myself to experience it fully so I could move on. I wish I would say it was a conscious decision I chose the latter, but it wasn't. The dam burst, and I was unable to continue with the numbness because it dishonored all that my father was to me. It also dishonored the authenticity of my own feelings.

And so I grieve. I miss my dad. I know he is safe. I know he is well, and I know he is with us but he is not physically here. But even in his death, my dad is still teaching me things. When he was alive, he taught me to always have an open mind. By giving me Raymond Moody's Life After Life when I was a teenager, he set me on the path to my life's true purpose.

By his own curious exploration of the Universe, he set the example that made me feel comfortable pursuing my own curiosity, and even though we ultimately arrived at different conclusions about the way things worked, without his example I would never have come to be where I am now.

In his death, my dad remains my teacher. He shows me it's never too late to learn; you can even learn things after you die. He shows me I can't avoid grief and sadness, and my feelings are never wrong and should never be denied. And he shows me that what I believe is, indeed, true. When our loved ones die, their bodies are no longer there. But their souls — those live on. They move on to new adventures and possibly even new bodies, but their love for us leaves an indelible imprint on our lives, hearts, and souls that can and will never be erased.

Read Karen's new energy healing book, "Higher Vibes Toolbox: Vibrational Healing for an Empowered Life," which is available on Amazon. ◆

7 Simple Ways to Incorporate Chakra Healing Into Your Daily Life

By Dr. Athena Perrakis, SageGoddess.com

Have you ever heard the phrase "good vibes only" or felt a negative presence in a room? Have you felt really good energy from a perfect stranger, like you've known them forever? When a person feels light, happy, and nurtured, it's likely their chakras are in alignment.

Balancing your chakras is a wonderful way to reach optimal wellbeing in your body, mind, and spirit. We are all beings of light, and when our energy is blocked, we can feel drained, imbalanced, or distressed. And since frequency is a universal language, your vibrations not only affect you, but everyone around you.

Your chakras are centers through which energy flows. This is where we collect and absorb the energies within and outside of ourselves. When your chakras are balanced, your body and mind work in harmony to make you feel elevated, confident, and happy.

Below are seven simple ways to incorporate chakra healing into your daily life:

1. Assessment

Imagine going to the doctor for a checkup. He/she scans your body for any tenderness, looks at the pupils of your eyes, listens to your heartbeat, and takes notes of any complaints you might have. Assessing your chakras is just as important as going to a doctor for a checkup, only this time, the doctor is you. You know what goes on in your body better than anyone else.

Ancient Egyptians believed that breathing a name aloud would call it into existence. Bring your energy to present time by speaking your name aloud, softly, over and over again. Close your eyes, and imagine your spirit guides coming to you. Call on them, and ask them to guide you. Feel their energy, and bring your awareness to your body, thanking them every step of the way. Where do you feel blocked? Where does your energy feel low? Where does it feel strong?

2. Yoga and Meditation

Yoga and meditation are some of the best ways to get in touch with yourself. Light a candle, take deep cleansing breaths, and visualize your body coming into straight and right alignment. Really imagine your connection to Spirit, your inner knowing, your honest truth, your emotions, your power, your creations, your safety, and connection to Earth.

Visualize each chakra spinning in the light of its associated color. As you focus on each chakra, send healing

light to that space. When all of your chakras feel attended, open your eyes.

3. Morning Mantras

Chanting mantras has a powerful effect on your chakras. Imagine your chakra like a singing bowl and the mantra as the striker. Mantras elevate your chakras' frequency, clearing out any negative energies or blockages.

These positive vibrations are sent to your body and spirit, sending healing vibrations that transmit through your centers. Music works in the same way.

4. Journaling

Journaling is so important to spiritual development. Often, when I write, my words reveal insights that wouldn't have surfaced otherwise. The more you write, the easier it is to unlock the wisdom that resides within you.

Record any thoughts or feelings that arise during meditation. Did you notice any colors around certain parts of your body? Did a part of you ache? Invite spirits to speak to you through your words. In this way, you also practice your psychic gifts.

5. Balance

Practice balance. Balance is an ongoing process. When we think positive thoughts, our actions become positive. When we think negative thoughts, our actions become negative. Incorporating balance in your daily life gives you stability and a sense of calm.

Prioritize and focus. What is important in your life? What do you need more of, and what do you need to set free? Listen to your intuition and take the first steps toward actualizing your goals. Your energy will shift.

6. Gemstones

Gemstones hold the power to heal, activate, open, and align your energy centers. Specific gemstones vibrate with the energy and color of your chakras. For example, placing carnelian on your Sacral Chakra activates your passion and creative force.

You can wear your select gemstones as talismans and carry their energy with you wherever you go. You can also place your stones on your altar, desk, in the bedroom, or any space you feel can use an energetic lift.

7. Herbs and Essential Oils

Scent has the power to balance and support your chakras. It activates sluggish energetic function or calms an overactive one. Like gemstones, specific aromas resonate with specific chakras. For example, cypress is a Root Chakra oil.

It connects us with the Earth, increases our sense of safety and security, and instills calm awareness. Dab cypress essential oil on yourself, and you will feel held and protected.

Always make sure to dilute essential oils in a carrier oil. If you have cypress in herb form, you can use a pinch of it as incense, make a sachet to tuck in your pillowcase, or carry it wherever you go.

In a Nutshell

These daily practices will help you feel energetically lighter. Balancing your chakras starts with listening to your body, visualizing and feeling the energy that's within you, then taking the time to bring it all into harmony.

May your mind, body, and spirit be in perfect alignment! ◆

THE POWER
A Story of Healing

By Willie Windwalker Gibson

Shamans are a breed of creature that doesn't seek out trouble. They don't go out to see a haunted location just for fun and to get a good scare. Shamans are haunted to a degree. They attract good spirits, as well as the bad. Shamans do many things as a spiritual warrior. One of the things is to heal either by intent or just being in the general area of a person in need.

The following story took place at the recent Midsouth Paranormal Convention held in Louisville, Kentucky. I do this event for my friend Keith Age of The Louisville Ghost Hunters Society every year. I go there, set up my reading table, and do Animal Totem readings for the patrons of the event. I have many people come to see my wife, Schmon, and me at our booth. Some come by to say hello, and others come to seek me out for something spiritual.

It was the last day of the event, and an old friend came by the table. Her name was Roberta, and we had not seen her for several years. Roberta had been a high school English teacher for years. When she retired, she started writing children's books and ghost stories. Roberta also went to various events to tell ghost stories and give lectures.

When Roberta walked up to the table, I could see she did not look well. As I got up and hugged her, I could tell something was really wrong. I looked at her, and said, "What's wrong?"

Roberta smiled and whispered, "Willie, two years ago, I caught a virus, and it paralyzed my vocal cords. I cannot do lectures or tell stories anymore."

I had known Roberta for over 15 years, and I knew that storytelling and lectures were dear to her.

Roberta sat down, and she whispered, "I truly miss talking." I looked at Roberta and saw a small tear fall down her face. This woman was the strongest and had a heart of fire. I knew I had to do something for her.

I got into my medicine bag, got out my blessed lavender water, and my blessed tea tree oil. I got behind Roberta, sprayed her with the lavender oil, and said a protection prayer. I asked my healing energy angels to come in. I could feel them around me. Then I walked in front of Roberta and took the tea tree oil and rubbed it on her neck. I said, "Great Spirit, heal this woman from her pain. Bring her loving voice back. Amen."

Roberta said, "Thank you for that, Willie. "I'm going to go now. I will see you later." And Roberta left.

The rest of the day went by slowly, and people started

breaking their booths down. Schmon and I broke our booth down as well and went home.

The next day I was checking my emails, and I saw I had a message from another medicine woman I knew who was based in Las Vegas, named Dawn Short. I opened up the email. It read: "Willie, check your Facebook. A lady name Roberta posted on it that you healed her."

I quickly went to my Facebook page, and sure enough there was a posting Roberta had placed there. It told the story of her not being able to talk for two years. She went on to say that she came by my booth and got a healing from me. Roberta said when she got home her voice had returned. Roberta went on to say that she wanted to post about it, and thank me in print.

I read the post out loud to Schmon, and she said, "Praise God." And I responded, "Yes, it was God the Great Spirit, not me. It was THE POWER of God, not me. I was the tool that was used for this blessing."

Sometimes things just happen out of the blue without seeking it. This was one of those times. The event I was at was a tool for Roberta to come seek me out. The spirits always have a plan. I don't second guess them. I just wonder in amazement when it happens.

Two days after I found out about the healing, I got a call from a man wanting me to come to his event for Halloween. He wanted me to talk about being a shaman. He said he heard about the healing from his friend Roberta, and he wanted me to tell the story of the healing. I thanked him and told him I would think about it.

I thought about doing it, but the glory goes to God, not me. I called the man back and thanked him for the invite but that I could not come.

When a blessing comes from God, it should remain that and not used for gain. A shaman who is the real deal will tell you that every time. ◆

"Calling Dr. Bombay — Come Right Away!"

Stand by your broomsticks . . . it's time to be Bewitched by author Adam-Michael James

By Ian White

It sounds crazy to say this, but a certain spellbinding TV show called *Bewitched* celebrated its 54th birthday earlier this month, and if we'd let the anniversary pass unnoticed, we're pretty sure Endora would have popped in to turn us into something furry.

Endora, of course, is the witch mother-in-law who can't resist causing problems for her witch daughter Samantha and Sam's harried mortal husband Durwood ... er ... Darrin Stephens. And the chemistry between the leads and their often befuddled co-stars worked like magic over eight successful seasons between 1964–1972 before the show briefly enjoyed a short-lived spin-off in 1977 (which jettisoned the main cast to focus on the Stephens' witchcraft-blessed daughter Tabitha) only to be finally and unmagically reimagined for a big screen reboot in 2005 (and considering Nora Ephron was in the writing and directing chair and Nicole Kidman seemed perfect for the glamorous witchy lead, why the movie went so wrong is a question only *Bewitched's* Dr. Bombay could solve).

But *Bewitched* the TV series has never really ever been away thanks to continuous reruns across the world and the invention of DVD. With its infectious recipe of family-friendly comedy that wasn't afraid to address the issues of the time plus its universal message of love, understanding, and learning the value of how to make things appear and disappear with just a twitch of your nose, *Bewitched* has a cherished place in the hearts of everyone who's ever watched it. So who better to celebrate the show's 54th year with than the equally magical Adam-Michael James?

Adam-Michael's fascinating, fun, obsessively compre-

Author, actor, singer-songwriter, the only life for Adam-Michael James is a creative one. He loves performing, and his favorite role to date is *Beauty and the Beast's* Lumière.

hensive, and scarily addictive book *The Bewitched Continuum* not only documents every *Bewitched* episode ever made (and includes some weird and wonderful extras as well), but also playfully suggests what happened to the Stephens' after the cameras stopped rolling — a concept that Adam-Michael later turned into a fantastic original novel called *"I, Samantha, Take This Mortal, Darrin."* Every *Bewitched* fan should own these books, and *The Bewitched Continuum* should definitely be at your side whenever you're enjoying a re-watch.

We recently spoke with Adam-Michael about society's fascination with magic, how *Bewitched* connected with TV viewers around the world, and why he decided to write about the show.

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Adam-Michael James became hooked on the TV show *Bewitched* as a child. "It's very intelligently written, it's got heart, and there's some really good messages in it. And, of course, you never lose the magic," he said.

Q: I'm sure you're asked this question all the time, but what was your first experience of *Bewitched* and when did you know you were hooked?

Adam-Michael: I was hooked immediately, and my first experience was in 1977 at my old childhood home. I was sitting in the den one day flipping through the channels on the TV, and I saw a blonde lady do this [performs an uncannily realistic Samantha nose twitch], and I was hooked straight away.

When you're a child, I think it's the magic stuff that you're hooked by, but then as you grow up and start looking at it from a slightly older perspective, you see there's a lot more going on there. It's very intelligently written, it's got heart, and there's some really good messages in it. And, of course, you never lose the magic.

After that first viewing, I couldn't get enough. I was a really good kid, but if you took me away from the TV at five o'clock in the afternoon, then I wasn't so good anymore!

Q: What's so special about *Bewitched* for you? Is it the magic? Is it the message?

Adam-Michael: It's a little of both. I think part of it is obviously going to be the childhood connection, because there's a huge nostalgia wave with everything — we're all trying to maintain a part of our childhoods. But I think, and I didn't realize this until I wrote the book, that part of it is also because we all have a magic within ourselves. Maybe not a magic that we can materialize things instantly (I wish we could!), but that we all have "something." And we forget about that when we're growing up because we're told, "You have to be practical. You have to be realistic. You're not supposed to believe in magic anymore."

So I think that although I'd never stopped believing in magic completely, I'm realizing now that I need to start paying more attention to magic than to realism, practicality, and pragmaticism. Aside from the childhood connection, that was a big awakening for me.

I also try to remind people not to forget their own magic. Whenever I sign a book, I always put: "Always remember your own magic," because we're in a world where we're trained to forget magic, but we should actually be embracing the magic inside us instead of ignoring it.

When you're watching *Bewitched* as a child, who wouldn't want to perform the witchcraft for themselves? If I see a light that needs to be changed, I still zap at it and make the little sound effect. In fact, I was in England for a friend's wedding, and when we were waiting for a light to change, I zapped at it with two fingers, and she said, "You can't do that here!"

Q: Do you think our need for magic is one of the reasons *Bewitched* has endured? Because the show's never really gone away has it?

Adam-Michael: No, it never has. And now we have the DVDs, which are like a childhood dream of mine come true. I used to record the shows on cassette tapes before the days of VCR, and it drove my parents crazy. Yes, I do

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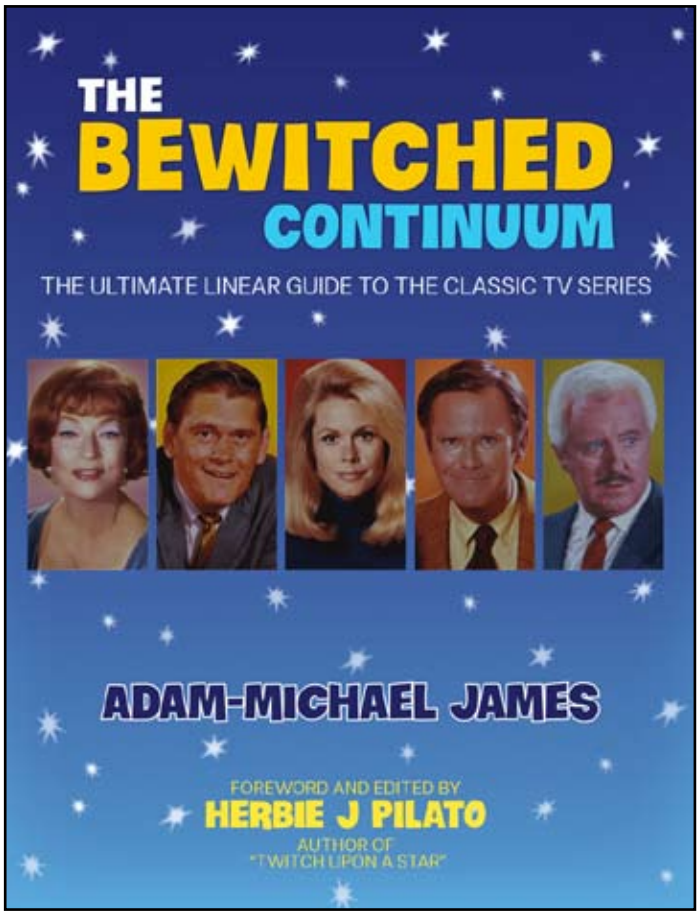


"*The Bewitched Continuum* is a fun insider's look at the classic television show's overall continuity that will have you appreciating Samantha, Darrin, and their circle of impish witches and manic mortals in a whole new way."

think that's part of the enduring legacy of it, but not just because it reminds us of the magic, but because it is such a solid show.

Elizabeth Montgomery [who played Samantha] had so much heart, and it's so easy to connect to her. That's a big part of it. Even people who are coming to *Bewitched* for the first time are aware of a subconscious connection with Elizabeth. I've just come back from the *Bewitched* Fan Fare, and there were some people there who had worked with her. And they all said the same thing, that she was so easy to connect with. If it came through on a personal level with those people, it also came through on the screen, and that's not easy to do. She was genuine, and everybody picks up on that.

Q: What was the Fan Fare like?

Adam-Michael: It was very cool! It went by very fast as well. Sadly, all the major stars from the show passed on a long time ago except for the kids — Tabitha was not there, but the little boy Adam [Tabitha's brother] who is now my age was there. They had some of the children of the stars. Dick York's son Chris was there and told some wonderful stories about his father [Dick York played the original Darrin], Amanda Fox — Bernard Fox's daughter [Bernard Fox played Dr. Bombay] — was there.

They had a lot of the guest stars from individual episodes. And there were also a lot of video components. There was a tribute to Elizabeth Montgomery and another one to Dick York, and they asked me to do a presentation on *Bewitched* and its continuity, which went well. It was a lot of fun.

Q: How have people reacted to your books?

Adam-Michael: *The Bewitched Continuum* — the first reaction people have is "Oh my God, this book is huge!" and that honestly was my reaction when I first got the proof. But the reaction has been good. Some people think it's on the obsessive side (there may be some truth to that!), but a lot of people like being able to watch an episode and then look up that particular episode in the book to see how it compares and contrasts with all the 253 other ones.

Writing the book helped me rediscover the show, and I hope that it's helping other people rediscover the show too. Let's face it, as time goes on and 20-year-olds think even *Buffy the Vampire Slayer* is old, anything we can do to keep *Bewitched* out there is something I want to play a part in. I'm very honored to be involved with that.

Q: Was there ever a point as you were writing the *Continuum* when you thought what you were doing was crazy and why did you even start it?

Adam-Michael: Yes! The first 100 episodes or so were fine, but when I started getting into 200, I thought, *What have I done?* because it's all chronological. That's why I called *The Bewitched Continuum* "the ultimate linear guide," because it's as if you were watching it all first-run for the first time, so when you're in the first 10 episodes you only have nine episodes to compare it to, but when you get to 200, you have 199 episodes to compare it to.

So I was constantly wondering, "What do I cut? What do I include? Is anyone even going to care about this particular detail?" It was getting a little overwhelming toward the end I have to admit, but it was still a lot of fun.

It's also all me. I didn't go on other Websites or fan pages or Wikipedia. I just put the DVDs in the laptop and took notes.

Q: I love how you pick up on the story flaws and the fascinating little tidbits about the show's con-

tinuity that most of us wouldn't even notice. How often did you rewatch each episode?

Adam-Michael: Well, I was lucky because I didn't have to start watching from the very beginning. I already knew most of that stuff. But I didn't start watching on a continuity level until the DVDs came out, because when they aired episodes on TV, you wouldn't think about the continuity thing, and they weren't thinking about continuity when they were producing the shows either because they knew an episode was going to be aired once, maybe twice if it was shown again over the summer, and that would be it. They knew they didn't have to pay attention to a certain level of detail, and that was OK because that was how TV shows worked back then.

But now we live tweet about programs even while they're on the air, so it's a completely different dynamic.

When I went into it, I knew what I knew from listening to my cassettes and watching the reruns, so it wasn't like I had to start from scratch. But I would watch things once so I could write the episode synopsis, and then I'd watch it again to pick up on the continuity stuff.

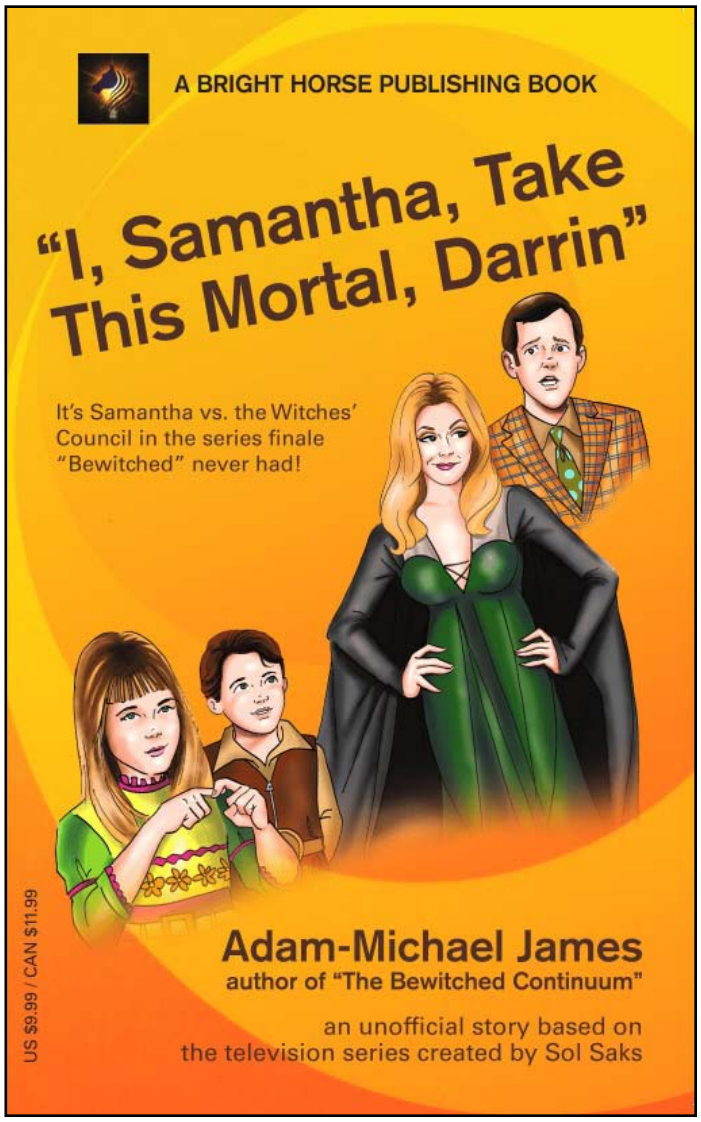
Q: When you were going back through it, did you find yourself reevaluating some of the episodes and enjoying them more than you've done before?

Adam-Michael: Oh, absolutely! Especially the black-and-white years, because they didn't rerun those as often for some reason. And one of the other things people always ask me is: "Which Darrin do you like the best?" [For health reasons, Dick York was replaced by Dick Sargent in the show's later seasons.]

I don't like answering that question, because I love both of them. Admittedly, growing up I leaned more toward the Dick Sargent years — not because of him so much, but because I was born in-between the two Darrins, so the world of Dick Sargent's Darrin was more familiar to me, and I loved the sound effects better.

But something I came to appreciate more in writing the book were Dick York's performances and the nuances he brought to it. He did the entire series in excruciating back pain after hurting himself on a movie he did back in 1959, but he never showed his pain on screen. I really developed a greater respect for him for that.

Q: Thinking about your novel *"I, Samantha, Take This Mortal, Darrin,"* it feels like this is very much the right time for the book because there are so many negative things going on in the world and there's a sense that magic and witchcraft are gathering power to redress it.


A BRIGHT HORSE PUBLISHING BOOK
"I, Samantha, Take This Mortal, Darrin"
It's Samantha vs. the Witches' Council in the series finale "Bewitched" never had!
Adam-Michael James
author of "The Bewitched Continuum"
an unofficial story based on the television series created by Sol Saks
US $9.99 / CAN $11.99

***"I, Samantha, Take This Mortal, Darrin"* is Adam-Michael's fourth book, a de facto spin-off of *The Bewitched Continuum*, his critically acclaimed "linear guide" that explores the continuity of the supernatural sitcom's 254 episodes.**

Adam-Michael: Yes, and that's actually the big reason I wrote the book, because when I playfully added my thoughts about what the unfilmed last episode could look like at the end of *The Bewitched Continuum*, it was just a few paragraphs that allowed me to have a little fun. I never intended to turn it into *"I, Samantha."*

But we're living in a world right now that really needs the messages of equality and acceptance and letting people live their lives even though we may not agree with it. It's not up to me to agree with what God you talk to; it's only for me to accept it. And if I have a different belief, then that's fine too, because all beliefs are OK.

So after the election, when things started changing so radically, I kept thinking, *If Elizabeth Montgomery were*

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alive today, she would be out there speaking for acceptance and equality and since she can't do that I'll take a shot at it.

But it just exploded from there. I just ended up writing about things I never thought I would. I was going to follow that synopsis at the back of *The Bewitched Continuum* to the letter, but that's not what the characters wanted to do! I swear, and I know it sounds really cliched, but the characters told me what to write; it wasn't the other way around! And, aside from the fact that I can speak toward a world where we all come together and love each other more or at least accept each other if we can't understand each other, I keep being told that the book reads like a real episode, and that makes me feel really, really good.

So I think I was being directed. The characters knew exactly what they wanted to do, and they told me how to do it.

Adam-Michael's favorite *Bewitched* episodes shared a theme of acceptance and equality.

Q: A lot of writers say that their characters talk to them, but your situation was unique in that these weren't your original characters, but you know them so well that suddenly they're talking to you as clearly as if you were their creator. The book is fantastic, because it has all the sensibilities of the show from '72 but it works now in our 2018 world. And I love that moment toward the end of the book when Samantha talks about how *Rosemary's Baby* didn't do witches any favors! It's smart and funny and human, just like the show itself.

Adam-Michael: I'm so happy you thought that! I wanted to be faithful to the show, and I especially wanted to be faithful to Elizabeth Montgomery ,because I don't want her coming back to visit me complaining, "What did you do to my series?!"

At the time the series ended, TV was changing, boundaries were being very gently pushed, and dialogue was getting a little bit more risqué, so I wanted to reflect that in the way I told the story. And I also wanted to answer some questions that I'd brought up in *The Bewitched Continuum*, like why witches ride brooms, which is an answer I can't repeat in polite company (!), but who knew it was all about hallucinatory drugs and certain orifices? They didn't have Starbucks back in the 1690s and there was no Netflix yet, so you had to entertain yourself some way I guess!

But there were a lot of moments like that during the writing where I was a little bit cheeky with the subject matter, but it all worked tonally within the way the show would have been going if it had continued after its final airdate. And sometimes I'd read what I'd written and think, *Well, I wasn't expecting it to go there, but it works and I'm happy with it!*

By the way, while we're on the subject of happy, I have to mention Dan Parent, the wonderful artist who drew the book's cover and whose major job is working with Archie comics. I sent him some screen captures, and he created a cover so good I couldn't believe it when I saw it. Plus, he made it look like a book you could've bought in the 70s, which is exactly what I was after. He's an amazing talent.

Q: What are your favorite *Bewitched* episodes?

Adam-Michael: I have many favorites, but we'll be here a while if I go through them all! In *The Bewitched Continuum*, I list my top 10, but for some reason a lot of the episodes in the fifth season speak to me. There's an episode called "Samantha's Good News," where there isn't a single mortal in the show, so you're just completely immersed in the witch's world for half an hour, and I thought that was fascinating.

A lot of the episodes with Tabitha I really enjoy, because I think that Erin Murphy [Tabitha] and her twin sister Diane — because they both started out on the show together, and they always cast twins to play children because of the child labor laws — really took the ball and ran with it. They were originally just looking for a baby that can sit in a high chair and look cute; they had no idea she could act! And once she got into that pre-school kindergarten age, she just ruled every episode she was in. She was so natural, and she had a mastery that is really rare in child actors.

I also like a lot of the episodes that have distinct messages about acceptance and equality, which, I think, raises the genre to another level. In fact, Samantha and Darrin's marriage — the whole premise the series was based on — is in itself a testament to acceptance and equality because it's essentially a mixed marriage, and in the 60s especially, when the civil rights movement, etc., was going on, that undercurrent was really, really important.

Q: When the show first aired, the U.S. was in a state of flux, and so much happened politically

and socially and ideologically over the course of the show's run from the 60s through to the early 70s that it seems as if *Bewitched* made its own changes along the way and got viewers through a lot of the turmoil. Now we're going through another time of change. Would this be a perfect moment to bring *Bewitched* back? Or should *Bewitched* stay where it is, in this beautiful aspic where we can enjoy it again and again without risking a terrible reboot spoiling our memories?

> "I think there would be room for a new 'Bewitched' if it was done right."

Adam-Michael: Well, we're already very "witchcraft reboot" heavy right now with the new *Sabrina*, *Charmed*, and *Buffy*, as well as everything else that's potentially and supposedly happening. But I think that if it was done right, which is a very slippery slope because reboots and remakes usually change things so much, it might possibly work. But you'd have to have Erin Murphy back as Tabitha, you'd have to have Adam, and you'd have to be in the present day but stick to the feel of the old show without modernizing it too much to make it work. That's a very delicate balance.

About four years ago, after the 50th anniversary of the show, there were actually talks about a continuation that was going to focus on Samantha's granddaughter, but then it all dropped off the radar. So, I guess they decided not to do it. But I think there would be room for a new *Bewitched* if it was done right, especially because the show contains messages we need to be reminded of right now.

It really sucks that we need to hear those messages again, because we've already come such a long way, but recent events are suggesting that apparently we haven't come as long a way as we thought we did. So, a *Bewitched* reboot? Yes, I think that could have the potential to be really interesting!

[Writers Note:] All I can say is, if the producers brought Adam-Michael James onboard to helm the show, we'd bet our favorite cauldron they'd have a hit on their hands!

Adam-Michael's books "The Bewitched Continuum" and "I, Samantha, Take This Mortal, Darrin" are both published by Bright Horse and available from Amazon.com and all good bookshops. Buy your copies today before Endora moves in with you — if you're a "Bewitched" fan, you won't regret it. ◆

Magick, Mischief, and Kilts
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The Legend of the Philosopher's Stone

By Maria Anna van Driel, NextTruth.com

In this article, I will be explaining an alchemical knowledge the ancients possessed and understood. The Knights Templar walked this mystical and legendary path, and, with high probably, are still traveling it as the mysteries are being perfected. You can travel this path as well. Although, it won't be easy.

Understanding the *magnum opus* of the "Philosopher's Stone" in an alchemical term seems to have, to some, an overwhelming outcome because it shows how slowly the world is evolving in the same manner as it speeds up right before your eyes. Excepting this almost invisible insanity, the code to this coveted key will reveal itself because it is coming from a most unexpected place. But the knowledge of the "Great Stone" will teach you a great deal of divinity.

This key has always been in your possession and will give to those who want to "hear" and have a perseverance to learn the opportunity to keep this slow-fading knowledge vivid. The teachings of this natural knowledge, which we are deprived of through silence and unwarranted fear, have become thinner over time, whereby this very real knowledge eventually resulted in a strange mystery ... a folkstory.

This will be a difficult but intriguing journey describing a forgotten language in symbolism and terrifying centuries-old rituals having an uncontrollable power of awakening the *magnum opus*, which is, at this moment in time, still buried deep down inside the psyche of mankind. But as soon as you reach this invisible-to-the-eye realm, it will be the moment of you realizing that infamous "aha" moment.

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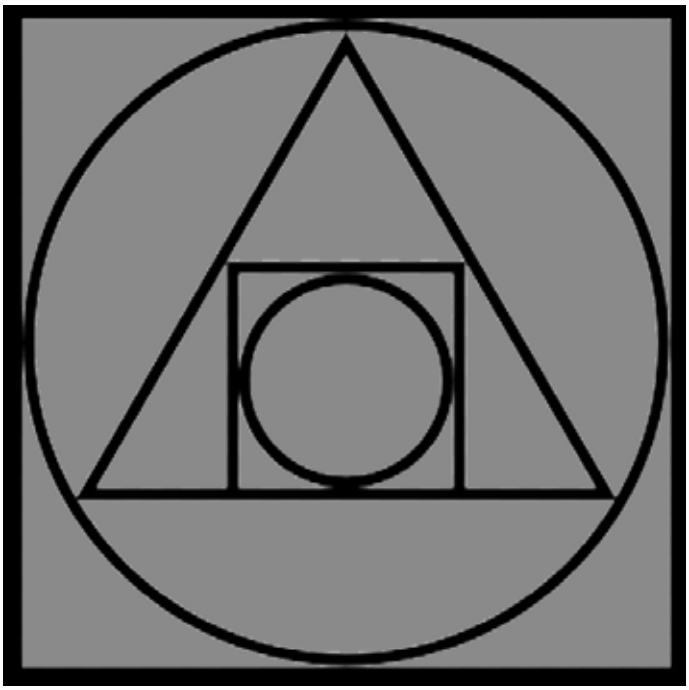
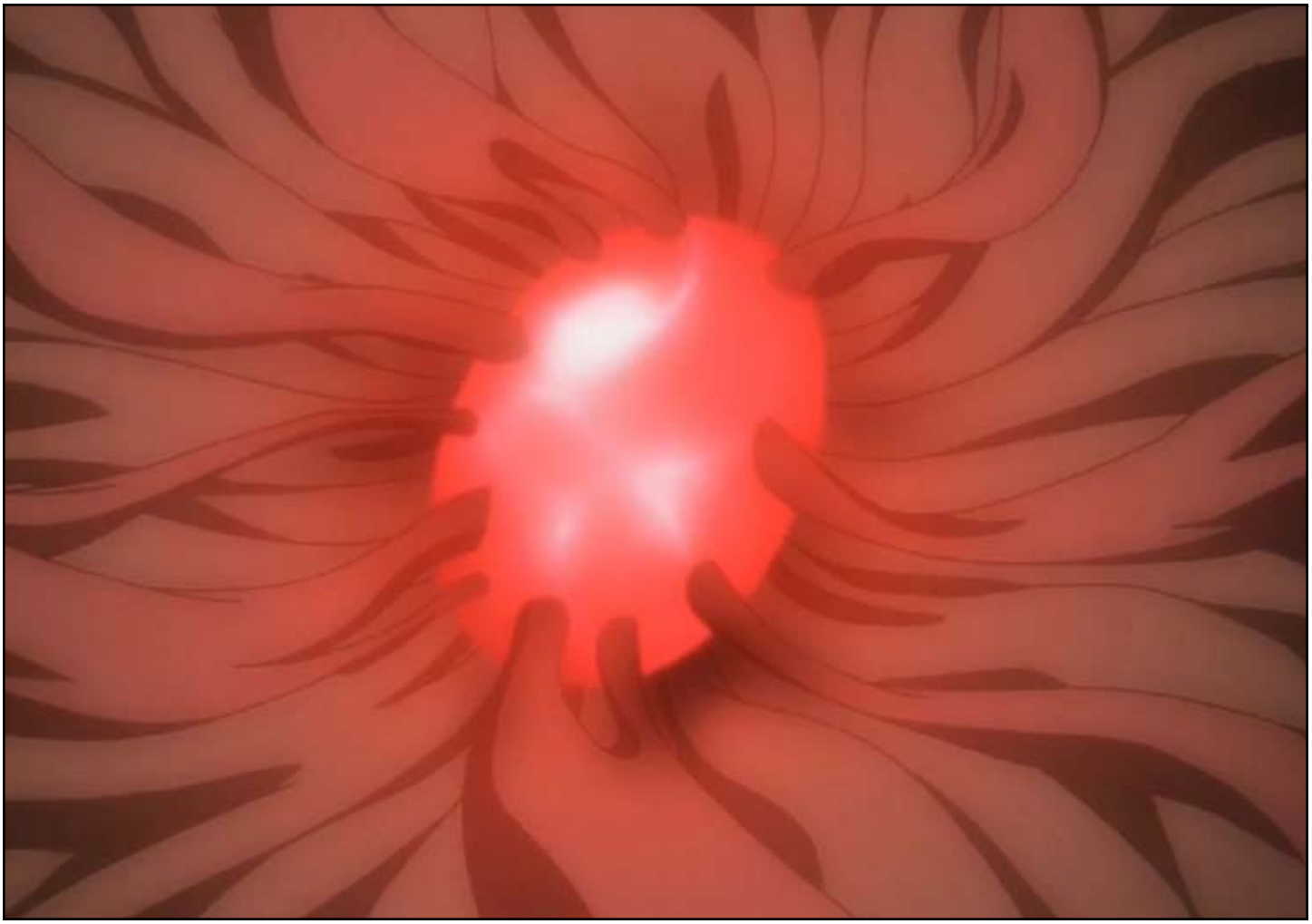


Illustrated above is a modern redrawing of a 17th-century alchemical/mystical symbol.

Now, let all your preceding ideas of this well-known legend blaze in the background as I let you peek into a place where the magic of pure physics is applied to chemical problems.

So, do you possess the needed strength to undergo this journey, one where sanity and insanity collide? Yes? Then let us step through a portal of time and take a look inside the intriguing and intelligent minds of some great philosophers like Plato, Socrates, Pythagoras, Da Vinci, and Nostradamus, as well as Tandy, Tesla, and Einstein.

By doing so, we are bringing this centuries-old knowl-



edge to the drawing boards of invention-rich times ... the medieval kitchen of alchemy, or better known as "physical chemistry."

The commencement of deciphering this key is the dismembering of the word ALCHEMY: Al-Khemet means "From Egypt"; Khemet means "Black"; and Khem means "chem" or "chemical."

Later in history, this ancient Egyptian word Al-Khemet was translated into "the black art through alchemy," a term many might know today as the medieval and dangerous "black magic." It is even thought that a Pagan mystery, as such, is spawned by the Devil's hand, but less is true in this legend of the Stone of the ancients.

Alchemy covers several properties. The first and most well-known are the philosophical and proto-scientific traditions from Europe, Africa, and Asia aimed at the purifying, maturing, and perfecting within certain objects and/or elements.

In the philosophy of science, proto-science is a well-known name for this ancient knowledge, as its simplest meaning involves the earliest eras of the history of science — during the time this scientific method was embryonic.

In the late 17th and early 18th century, Sir Isaac Newton contributed to the dawning sciences of chemistry and physics, even though he was also an alchemist who sought chrysopoeia in various ways, including some that were unscientific. (Chrysopoeia is an alchemical term that means "transmutation into gold. It symbolically indicates the creation of the Philosopher's Stone and the completion of the Great Work, or *magnum opus*, a personal and spiritual transmutation in the Hermetic tradition. The other property alchemy covers is less understood, as it points to a scientific knowledge in technology.

> **We have misunderstood the true and deeper meaning of both of the words "alchemy" and "technology."**

In alchemy, technology is associated with that of metallurgy, a science of materials and engineering that studies the physical and chemical behavior of metallic elements, their inter-metallic compounds, and their mixtures, which date back to 3500 BC. Thus, the technology within

→

Pictured above is the Pyramid of Khufu. (Photo by Dr. Amy Calvert.)

alchemy actually refers to the knowledge of purifying, creating, and recreating of/and within natural elements nature is providing. Certain chemical (chain)-reactions have the ability to result in the most remarkable outcomes, such as smokeless fire or neon-colored plasma, which might appear to those who approach it with fear as magic or the Devil's work.

An earlier version of this coded knowledge in "transformations" is better known as *The Book of Ra.* These writings from ancient dwelling places were translated by many and turned out to contain an enlightening mystery and guide to "immortality." Three keys that are written in a mirrored manner — life, death, and transformation — bear the symbol of the Ouroboros (an ancient symbol depicting a serpent or dragon eating its own tail). These "keys" describe the transformation in both biological and synthetically elements.

This alchemical technology of the five corners of science definitely has a deep impact on those who have the perseverance to walk a path of a non-sacred, non-secret, and non-fictive knowledge as it guides them toward the mysteries of the Philosopher's Stone.

* * * * *

To see this stunning revelation this ancient scientific knowledge provides the curious mind, one has to reduce this almost uncontrollable search for mysteries and legends and enter a boring realm, a reality in which some puzzle pieces lay within the Pyramids of Giza. The Pyramids of Egypt are, to some, just triangle-shaped buildings standing already for thousands of centuries in the dry desert sand while erosion is slowly letting them disappear from our visible spectrum. But to others, the structures have been used as sacred burial places for Egyptian queens and pharaohs.

Unfortunately for those people, these majestic buildings are, in a radiant manner, speaking of a significant knowing in chemical chain reactions as they reveal a deeper understanding of the cosmos by showing the tetrahedron (a triangular pyramid). Together with the octahedron (a polyhedron with eight faces) and the icosahedrons (a regular polyhedron and platonic solid having 12 polyhedron vertices, 30 polyhedron edges, and 20 equivalent equilateral triangle faces), the tetrahedron is considered to be the fundamental building block of the Universe. Exploring the grounds of these ancient ruins of an era rich in scientific awareness, one will find that it is overflowing with a complex belief system.

Now, come to a full stop and let your mind wander off and absorb the ingenious engineering performed by ancient Egypt ... the structures of the limestone walls are starting to reveal a hidden secret in multiple alkaline reactions. This well thought out and, over time, perfected nuclear chemistry that deals with radioactivity is showing interesting processes and transmutations in elements that can be seen, for instance, in the blackened walls of the Grand Gallery inside of the Pyramid of Khufu. It straightforwardly tells you a strange story of an effect in alpha decay, crazy light scattering, and free-floating H4 atoms.

The Grand Gallery of the Pyramid of Khufu is where particles and gasses are colliding and where radioactivity is turning the limestone slowly into graphite, giving the walls of the Grand Gallery the ability of creating schist, a metamorphic rock. This rock not only has an appearance of gold or copper, it is also a host for a variety of gemstones, including garnet, sapphire, ruby, and emerald.

In this weird but — by the ancient nations — fully understood chemical and nuclear reaction, this well-known legend of the medieval Philosopher's Stone was born. A well-known phrase, "If the walls could speak," does fit perfectly in the reality of this much-discussed legend.

The walls of the Grand Gallery definitely speak to those who possess the perseverance of traveling a path that was outlined by the brilliant minds of ancient engineers, mathematician, chemists, physicists, biologists, and philosophers.

I hope you embrace this information about the Philosopher's Stone and research it on your own. Ponder it, and you may find the rock that is the foundation of the "Stone of Truth." ◆

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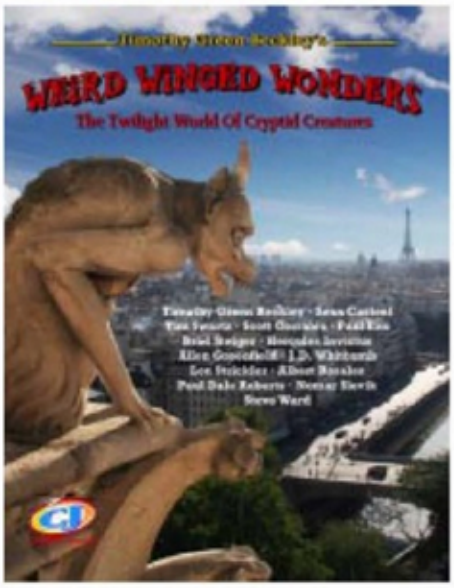

THEY ARE BELIEVED BY MANY TO BE THE AGENTS OF THE "DARK GODS!" - THEIR MASSIVE WINGS, WHEN SPREAD FANLIKE, ARE KNOWN TO CAST A PARALYZING SHADOW OVER THE LAND! THEY EXIST ALONGSIDE US IN THE "REAL WORLD," YET WE KNOW NEXT TO NOTHING ABOUT THEM! THEY APPEAR TO INHABIT PHYSICAL BODIES, BUT THEY COULD BE ARRIVING FROM OTHER DIMENSIONS OR FROM THE MULTIVERSE THROUGH "WINDOWS" OR PORTALS!

They are the Winged Wonders from the Twilight World of Cryptid Creatures.

Living Pterosaurs have been seen from Guantanamo AF Base in Cuba to the jungles of Papua, New Guinea where the locals call them the "Ropa."

They are the Flying Felines of the Egyptian dynasties to the Greek Heroes living in underground caverns on Mount Olympus.

Here is the Mothman Creature, initially seen around the hamlet of Point Pleasant, West Virginia, and associated with the collapse there of the Silver Bridge - but now recently observed by dozens of credible witnesses in downtown Chicago. Some researchers say Mothman is a harbinger of death.

The Jersey Devil is said to be a demon who flies near the Pine Barrens mainly in the dead of night, while the Thunderbirds are massive creatures with wingspans of more than 30 feet.

Dragons are thought of as beings rooted firmly in mythology and the stuff of movies such as "The Hobbit" and popular cable TV shows such as "Game of Thrones." Yet sightings of these aerial demons known to spit fire have been seen worldwide and are part of every culture - past and present - from Europe to the United States, and every continent in between.

Even more eerie are the flying and floating "alien" humanoids and witchy "bruhos" observed widely in Mexico and South America.

Here are dozens of the creepy-crawly narrations - backed up by the strangest of photographed evidence - of bizarre and unknown flying cryptids who frolic in our sky as if they have not a care in the world. Theories abound as to their origin(s) and nature and their overall grip on our perceived reality, as explored in this dramatic work by such respected researchers as Sean Casteel, Brad Steiger, Paul Eno, Allen Greenfield, Lon Strickler, Tim Swartz, Scott Corrales, Hercules Invictus, Jonathon David Whitcomb, Albert Rosales, Paul Dale Roberts, Steve Ward, Nomar Slevik, with the added editorial flare of "Exploring the Bizarre" co-host Tim Beckley.

Are they demons straight from hell or from an unknown shadow world? Ultra-terrestrials who have strayed into "our territory" from another time and space continuum? Or simply prehistoric monsters thought to have died out millions of years ago, but who still exist living just beyond our reach, ready to be rediscovered by science?

Whatever they are, they are truly BIZARRE!

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Lessons in Paranormal Investigation

By Jacob Fife, Facebook.com/FifeParanormal

The paranormal field is not just about people who were once alive and have passed but choose to remain here for some reason. There is so much to this field that hides in the shadows and slowly reveals itself like a slow sunrise reveals the landscape that was hidden by night.

My name is Jake Fife, and I am an 18-year-old paranormal investigator from Virginia with more than eight years of field experience. The paranormal has always been a part of my life. I co-founded Fife Paranormal with my dad in 2010. My dad has been into the paranormal since the early '80s, and he has taught me most of what I know about the field and what lies in the shadows.

I learned early on that there aren't just ghosts and residual energies that can physically manifest, but there are both neutral and evil entities. You may know them as demons, elementals, doppelgangers, shadow beings, tricksters, and probably many more that we don't know about.

I ran into a demonic entity on my very first investigation, and that taught me to always keep my guard up no matter where I am or what the alleged claims are. These beings are not tied to one location, and I believe they seek unprotected individuals like a starving vulture looks for food.

One of my scariest brushes with something powerful was when I was investigating some cemeteries in Southern West Virginia and the person I was with mentioned that they knew of a place I'd be interested in. So, we took some ATVs and rode up to the top of a decent-sized mound, and once we reached the top, he revealed to me that we were on top of a Native American burial mound.

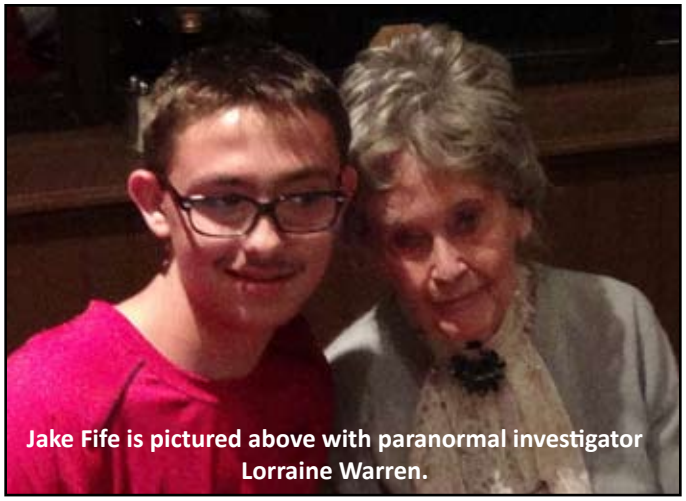
First off, it is a terrible idea to disturb a burial mound, especially when you ride ATVs on it. It was a beautiful day, very warm and calm, but when we reached the very top of the mound, the wind felt like tornado winds and the sky started filling with dark clouds out of nowhere.

Jake and Chris Fife (pictured above from left to right) created Fife Paranormal in 2010. The father and son team investigate local legends and well-known "haunted" locations.

I used a PSB-7 spirit box, and while I didn't receive any voices over the box or any EVPs, I did sense a very strong energy inching its way toward us. We left the mound and went to a cemetery on a small ridge a few hundred yards away from the mound, and as soon as I deployed my equipment, there was the feeling of dread and fear that seemed like it enveloped the ridge and slowly made its way toward us.

As soon as I turned on the spirit box, I started hearing growls and metallic voices that did not sound human. I also noticed these small "creatures" that were scurrying around the trees and the tombstones. This all culminated when I was under a tree where a man had been hung and there was a very loud "Get Out" that came over the spirit box.

Needless to say, we left that cemetery, but it didn't end there. Something followed us home, and for the



Jake Fife is pictured above with paranormal investigator Lorraine Warren.

next week, it wreaked havoc on our lives and the people around us. It was terrible, and that experience changed the way I approached the paranormal.

I learned to always map out exactly where I go and the full history of each site, as well as to approach each location with respect to the spirits, the land, and the owners. I also learned that even if you don't sense anything negative, always keep your guard up. Dark forces prey on the unsuspecting, so it's best to take extra steps to try and keep yourself off of their radar.

Elementals are tricky, though. Demons are straight up evil, plain and simple, but elementals seem to have individual allegiances to either good or evil. Some are good and won't cause problems, while some are pure evil and wreak havoc worse than most demonic entities can.

The way I tell if an elemental is good or bad is I notice the energy in the area around me and how everything reacts and changes when the elemental shows up. Typically, if the air gets really warm, you start feeling dread, and the spirits in the area seem to run off, then you're dealing with a bad elemental. But, if you feel a strong light energy and things stay somewhat the same, then you're dealing with a good one.

The main thing to remember is to stay calm and always use your brain. If you panic, then something bad can happen, so it's best to stay calm and make sure everyone sticks together if you're in a group.

The paranormal field is full of strange entities and many unknowns, but as paranormal investigators, it's our job to explore these unknowns and see what hides in the shadows, as long as we're safe and respectful.

Do you have a paranormal experience that you'd like to share with our readers? If so, email editor@paranormalunderground.net to share your experience.◆

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HAUNTED QUEEN OF THE SEAS
NICOLE STRICKLAND

Coexisting with Spirits in the Smith House

By Bob Fountain, SpectralTech.org

Covington, Tennessee, is a small community in Southwest Tennessee with a population of approximately 9,000 residents. It was incorporated in 1826 and became the county seat of Tipton County. Being the hub of the county, it didn't take long for impressive houses to rise up close to the century-old courthouse prominently located in the center of the square where businesses and trade thrived.

One such house, which was built in 1896, is located on South Main Street, two blocks away from the old town square, and has had more than enough time to accumulate its share of the spirits that surround the entire area. At one point in its history, it was even made into a boarding house, and some boarders may have decided to return to the house in the afterlife.

The two-story, 122-year-old house is owned by Leigh Ann and David Smith, who has lived in it close to a quarter century and stated that it has always had activity associated with it. Spirit activity in the house has been going on for years. Although nothing of a threatening nature has occurred over the years, Leigh Ann was curious as to what could be causing some of the activity they regularly experienced. So she invited our team to investigate.

Some of the claims of paranormal phenomena include hearing creaks and footsteps above the downstairs study, the smell of perfume or talcum powder downstairs, and the bed in the upstairs master bedroom being shaken hard enough to awaken Leigh Ann.

Her son has seen shadow figures and movement in the hall during the night. David has been woken in the early hours of the morning when he is at home. And the sound of breaking glass has been heard several times, but upon investigating, nothing is broken. We arranged to investigate the house on February 17, 2018.

The Smith House was built in 1896 and is located in Covington, Tennessee. The current owners of the property have lived there for almost 25 years and have experienced spirit activity since moving in, including seeing shadow figures, hearing the sound of breaking glass with no known cause, and hearing disembodied footsteps, among other paranormal phenomena.

Our Innocuous First Investigation

Since neither Leigh Ann nor David wanted to be present during the investigation, they planned to leave for a few hours and arranged to have their niece, Michelle, who was visiting from New York, meet with us and let us in the house.

After briefly explaining what we were going to do, we asked Michelle if she would like to join us, and upon accepting, we filled her in on how some of the equipment worked. Then she was paired up with one of the investigators. At that point Michelle had no real interest in the paranormal and was just curious what went on during an investigation.

Almost immediately, we started getting indications of interaction from the Boo Buddy, which was placed on Leigh Ann's bed, with it stating it liked holding hands and being tickled, which indicates that something was close to it and breaking the EM field surrounding it. This interaction went on throughout the night.

Although the geophone, which is a seismic response device, did not pick up any activity in the son's bedroom or in the hall, it became active once it was placed on the Leigh Ann's bed in the master bedroom. Video clips show the EMF display is fluctuating indicating movement and a possible spirit presence.

A new device we used, called Parascope, senses static electricity and lights up when a static charge is present. This device also indicated activity. During the investigation, as people got close to this device, it would light up detecting their static charge, but once they were out of range, the device would again light up, as if something was following behind the person. There were several occasions where the Parascope would light up when no one was close by.

Another device we used was the Ovilus III, which says words provided by an internal dictionary of 2,000 words. The words are generated by the environment surrounding it, and it is believed that an entity can manipulate the environment to produce words in response to questions asked.

Several words were spoken by the Ovilus III, and many had reasonable relationships to questions or actions of the investigators. One notable event cannot be explained. While team member Angela was dealing with the video monitors, she made a comment that she thought something was messing with her. The Ovilus III then said the word *blodik*, which is not a word in its dictionary. Then when Angela looked at the monitor of the Ovilus III, it showed the word *laugh* instead.

There is another instance where the Ovilus III used words that were not in its dictionary. This shouldn't have been possible and could only have happened by something manipulating what it said and what it showed on the monitor. On further investigation of the word *blodik*, I found it was a word used in Esperanto. Esperanto became the most popular artificial language scheme, which was first published by Dr. Lazarus Zamenhof in 1887. Could this word have been used by one of the boarders staying in the house in the early 1900s?

Pictured above is the guest bedroom where the homeowner's niece was touched on the legs.

Personal experiences, such as feelings of being watched, feeling cold spots, and hearing footsteps on the upstairs floor, all could have had rational explanations, but they were duly noted and actually verified some of the claims of David and Leigh Ann.

Based on what we had found, if there was an entity present in the house, it did not appear to be negative at all, and the activities it had displayed so far were indicative of just wanting to be recognized.

Often a spirit stays in the shadows and no one knows it is even there, but for reasons of their own, they will do things to let others know they are there, whether it is because it wants to communicate, is lonely, or is comfortable with the people in the home. If it was negative, it would have actually broken glass or created other damage rather than just making sounds that get attention.

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Pictured above is the master bedroom, where the homeowner has been shaken awake by an unseen force.

We advised David and Leigh Ann that by talking to this entity and telling it that there are some things that are acceptable and some that are not, the activity should decrease. And it did ... for a while.

Paranormal Activity Gets Physical

Around a week after the investigation, we received a call form Leigh Ann informing us that both Michelle and David had experiences that were not the same as before.

Michelle was sleeping face-down in their guest bedroom and suddenly woke up during the night to the feeling of a pair of hands around her ankles and slowly moving up her legs. She tried to turn over to see who was touching her, only to find no one was there. She was the only one in the room. Being totally freaked out, she ran to her aunt's room and spent the remainder of the night sleeping on the couch.

In the morning, Michelle and Leigh Ann were discussing what had happened, and David told them he had the exact same experience just before dawn. It was a one-time experience, and the Smiths took it in stride. But Michelle told them the next time she visited, she would definitely stay somewhere else. Needless to say, Michelle went from being just curious into a believer of the realities of the paranormal.

It troubled me that the activity went from something that went bump in the night to actual physical contact. It indicated a change in the pattern of activity that did not seem positive.

Things Turn Darker

On August 4, we went back for a third investigation of the Smith house. This visit was prompted by Leigh Ann telling us she had experienced loud knocking on her bedroom door during the night. When she got up to investigate, she found David was sound asleep and there was no one else in the house. This was also a new activity that had not occurred before.

I had just acquired a new piece of equipment, called Kinect, which scans the environment in infrared and creates stick figures if it detects anything that appears to be bipedal, displaying it on a tablet. This was an ideal chance to see if we could obtain further evidence as to what was causing the activity in the house.

The Spectral Tech team members for this investigation consisted of Angela Wallace, Tara Finley, and Bob Fountain. Three observers were also present to watch and verify what the team observed and recorded. Angela and I formed one team and primarily focused on the IR cameras and Kinect device. The other team consisted of Tara and the three observers and focused on EVP sessions, using various EMF devices for potential communication.

Both teams had significant interactions with the equipment they were using. Angela and I observed what appeared on the Kinect monitor to be a tiny childlike entity dancing by the headboard of Leigh Ann's bed. It is important to note that often Leigh Ann experiences what feel like footsteps walking across her bed at night and causing the bed to shake. Could this be the spirit of a child that feels safe around a female adult?

The Kinect also displayed a human-size stick figure laying on the bed, and it moved its legs when requested to do so. It also appeared to quickly move away from a Mel Meter placed by it to see if it would register on that equipment. It seemed like it was unsure of what it would do, which is why we usually try to explain what certain equipment does when we are using it to attempt communication.

When walking through the hallway on the second floor, we also picked up with the Kinect a huge stick figure, around seven feet tall, by David's bedroom, which quickly disappeared when we noted we could see it. It later appeared in Leigh Ann's bedroom when we went back, and it again disappeared when we noted its presence. It almost appeared to be deliberately avoiding us and did not want its presence to be known.

Tara and her team also collected significant data during their EVP sessions. Although nothing significant was picked up on the recorders, the primary interaction was with the various K-II Meters being used. Three different EMF meters were used, and either one or all three would light up as a response indicating yes. The responses were not random; they seemed to be immediate responses to the questions being asked.

Tara experienced something that felt like a hand touching the small of her back and rubbing her while sitting on the floor, and one of the observers felt like a large hand was holding him on the shoulder. He was standing in the hallway where the large stick figure had been spotted. At one point when the questions focused on a potential negative presence, three of the people present felt nauseated and felt like they were about to vomit. When the topic changed, the feeling of nausea dissipated.

Pictured above is the downstairs fireplace where the Kinect device captured a stick figure leaning over as if it was placing wood in the fireplace.

It appeared that there were several entities present, and when asked if they were making the knocking sounds for fun or to scare the people living there, no response was given. When asked if there was something negative in the house and they were knocking to warn the occupants, both questions were answered by lighting up all three EMF meters. All three meters lit up when asked if they were afraid of this negative presence.

Rather than being evil, it is more likely that an extremely negative entity intends to be disruptive in the house, and the entities that coexist rather peacefully with the Smiths are being protective of their hosts.

It's believed by some psychic mediums that when you begin attempting to interact with spirit, you not only open up a portal that allows you to interact with certain spirits, but you almost create a beacon to any spirit, good or bad, that wants to get in on the action. When we did our initial investigation, did we not only contact the spirits in this house, but also open a door for this new entity we now have to deal with? Or was it the presence of the niece that drew this negative presence to the house? We will probably never know.

Conclusions

With this investigation it appears that there is more than one entity that frequents the house. The entities appear to be non-threatening, even protective, and have to date obeyed the request to leave the residents alone at night. The Kinect picked up on a small spirit, possibly a child, which is willing to communicate and can be playful by walking on the bed at night.

What is disturbing is the indication that there is something negative that has recently appeared in the house and the non-threatening entities are afraid of it and are trying to alert the occupants of its presence. This entity could be responsible for the inappropriate touching on the niece when she came for a visit, as well as touching Tara on the small of her back. It could have been responsible for the hand placed on one of the observers when standing in the hall where the huge stick figure appeared.

Also curious during the investigation was when we addressed the possible presence of a negative entity and three people present immediately felt sick. This doesn't seem to indicate the presence of a benign entity.

When the investigation was over, we met with Leigh Ann and David and presented our findings. We suggested they arrange to have their house blessed by their clergy and to keep in mind that they should focus on driving out only the negative influences. If the entities that have coexisted with them for all of these years are acting as their protectors, it would seem to be a bad idea to run them off when they are needed the most. If that fails, we suggested an actual cleansing of the house may be in order.

We will keep following the activities in the Smith house until we feel that all has returned to normal and the Smiths and their unseen friends can again coexist in peace.◆

'Always Her Wingman' (Mars Squadron 17)

By Jessica E. Subject

Q&A by Michelle M. Pillow, MichellePillow.com

Jessica E. Subject is the author of science fiction romance, mostly alien romances, ranging from sweet to super hot. Sometimes she dabbles in paranormal and contemporary as well, bringing to life a wide variety of characters. In her stories, you can not only meet a sexy alien or two, but also clones and androids. You may be transported to a dystopian world where rebels are fighting to live and love or to another planet for a romantic rendezvous.

When Jessica is not reading, writing, or doing dreaded housework, she likes to go to fitness class, listen to BTS, and walk her Great Pyrenees/Retriever her family adopted from the local animal shelter.

Jessica lives in Ontario, Canada, with her husband and two energetic children. Her newest book, *Always Her Wingman*, released May 25.

* * * * *

Q: In your book, *Always Her Wingman,* your heroine is a space pilot on Mars. What inspired you to create such a character?

Jessica: Yes, Hannah Coriveau is the leader of Mars Squadron 17. I wanted a strong female character to take a leadership role but to also have to deal with tragedy and love. There is so much talk about colonizing Mars, but not much about protecting those living there and what life will be like there.

Now, in my story, I make it possible for some to return to Earth. Hannah and her squadron are some of those who do return.

In Jessica E. Subject's stories, you cannot only meet a sexy alien or two, but also clones and androids.

Q: When world building, did you base your story off of known myths throughout history?

Jessica: Sometimes I do, but this story has no links to any myths. It is based on plausible technology and space travel.

Q: What are your favorite sci-fi shows, movies, and books?

Jessica: I love to watch *iZombie*, *Train to Busan*, *Stranger Things*, the new *Star Trek* movies, and the new *Total Recall*, *ZNation*, *Dark Matter*, the *Jurassic Park* movies, *Pacific Rim*, and so much more.

As for books, there are too many to name, and I don't want to miss any. But, the most recent I read was *The Ones Who Walk Away From Omelas* by Ursula K. Le Guin.

Q: How would you react if you came face to face with an alien?

Jessica: It would depend on what the alien was doing. If it was doing something nefarious, I would try to get away as soon as possible. But if it seemed more harmless, I would try to help it.

Q: What does the future hold for the *Mars Squadron 17* series?

Jessica: This will be a trilogy. In the second story, Moon Jin Woo is the hero, and in the third, the hero is Rodney

Simons. It will show how life has changed for them after serving their time on Mars.

Q: If you could time slip to any year, when would you go?

Jessica: I would want to go far into the future. I'd want to see what life is like, whether we were able to make changes for the better, or if we destroyed our planet.

Q: How feasible is a zombie apocalypse?

Jessica: I don't know if there would be a zombie apocalypse as portrayed in different mediums, but I believe it possible to create a virus that would quickly spread through the human population with devastating effects.

Q: If you could be anywhere while writing, where would you be and why?

Jessica: I would love to be in a sun room located in a house on the edge of a fresh-water lake. I enjoy the sunshine, but not directly. And I love the outdoors, but if I'm not walking, hiking, or riding a bike, I'd rather be indoors to be away from the bugs.

Q: When writing a new sci-fi world, what details do you think are most important?

In Jessica's books, you may be transported to a dystopian world where rebels are fighting to live and love or to another planet for a romantic rendezvous.

Jessica: I will usually decide on one or two planets and what makes them and their inhabitants different from Earth. From there on in, I build my world based on characters and what my story needs.

I like to keep a series bible so that I have access to this information when I go to write the next book in the series.

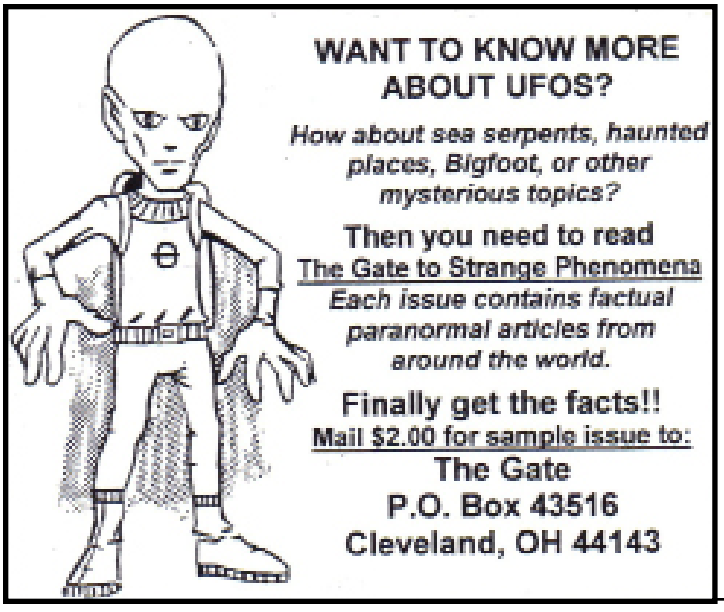
Q: Do you like creating an overall world and multi-book plotline better than individual stories, or vice versa?

Jessica: I like both. Some stories, like *It Took a Zombie Apocalypse*, were always going to be an individual story. Whereas my *Galactic Defenders* series and *Mars Squadron 17* series were always going to be series. Now, each story in the series focuses on a new set of characters, so they can be read on their own, though I do sometimes refer back to previous titles in the series.

Sometimes I will write an individual story in between a series title if I get stuck or need a break. And sometimes my muse won't stop putting a specific idea in my head.

* * * * *

To learn more about Jessica and her books, visit http://jessicasubject.com, http://twitter.com/jsubject, and https://www.facebook.com/Jessica-E-Subject-author-205759796126370/. ◆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'An Exercise in Exorcism'

By Robert Snow, an excerpt from the book 'Strange Experiences'

This excerpt is reprinted from the book 'Strange Experiences' compiled by Robert Snow with permission from Flying Disk Press.

This is the first time that I have made public details about an experience that I had about six years ago. However, I have spoken about it to a very few members of The Ghost Club and a few friends.

At the time of the incident, I was the general secretary of The Ghost Club, and Bob Savage was the investigations organizer. I received an email from Bob saying that a young couple who lived in Bournemouth had contacted him. They were being plagued by poltergeist activity and wanted to be put in touch with someone who could help them. I called them on the telephone to find out exactly what the problem was.

The couple was in their twenties and ran a very successful IT consultancy from their home. They had purchased the large Edwardian house about six months previously and had started to have the house completely renovated. The renovations involved quite a lot of structural alterations inside, such as knocking down walls, the insertion of extra doors and windows, not to mention the complete electrical rewiring and re-plumbing. Throughout this work, they were living in the building.

I should mention that they also had some students lodging with them from Bournemouth University, about four in number. The house is in an expensive and fashionable area of Bournemouth, the kind of property that is sought after by affluent people.

When I called, I spoke to the male, and he told me what had been happening to them.

The activity started within a couple of days of the builders moving in. They were woken up at night by the sound of heavy footsteps, banging doors, loud crashing noises that sounded like the smashing of crockery, and the televisions and radios turning on.

On a few occasions when they went out of the house, all the windows were open when they returned, having been closed before they left.

I re-assured him that even though these disturbances were unpleasant and alarming, they had absolutely nothing to be afraid of; nothing could harm them. I said that I would visit them at my earliest possible convenience, which would be in about a week.

Two days later I went away from home for the day, and when I returned, there was a desperate message on my answerphone and also on my mobile, which I had left behind. I called the couple immediately to find out what exactly had been happening. I spoke to the wife this time.

Apparently, the matters were getting worse; the intensity of the activity had dramatically increased. The woman had gone downstairs the previous night at about 2 a.m. to make herself a cup of tea. Whilst walking down the main stairs to go to the kitchen, she heard what sounded like a woman sobbing and a low moaning sound. There was also the sound of voices talking quietly, but the words were inaudible.

She felt very nervous and uneasy but continued to

head toward the kitchen. She made her cup of tea and was ascending the stairs with the tea; as she rounded the bend, she saw a girl of about sixteen or seventeen standing in her way looking out of a window. She stopped, screamed, and dropped her cup. And the girl slowly faded away. Her husband came down to see what the trouble was; she told him.

They returned to their bedroom, and shortly afterwards all hell was let loose. There were loud bangs, screams, lights were turned on and off, the television was turned on at maximum volume, and the radio was blaring away.

> "I performed the exorcism according to the correct order of service in every single room of the house."

She said that they could not stand any more and they were going to place the property on the market and move out until it was sold.

I told her that I would come along the following day after I had made enquiries from a friend of mine who was an ordained priest.

I called a close personal friend of mine, the Reverend Lionel Fanthorpe, who I have known for many years. Lionel emailed me the order of a service of exorcism for priests or laity. I also obtained some consecrated water, and the following day I went down to the house in question.

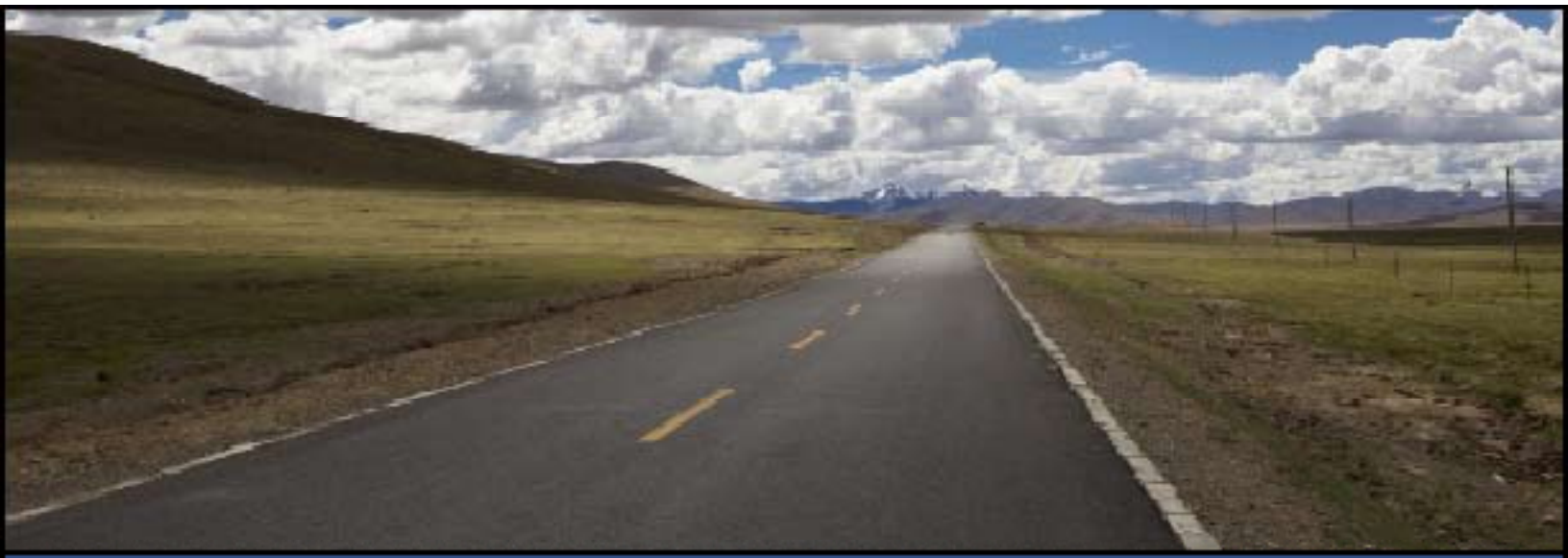
I performed the exorcism according to the correct order of service in every single room of the house; this took some time. I should mention that for the past couple of weeks, the student lodgers were away.

The couple were very sensible and down to earth and did not strike me as having vivid imaginations or being prone to exaggeration. Their house is of considerable size, having around eight bedrooms, all very nice.

I do not think that they were making up these stories; they seemed genuinely very distressed indeed, and I believe that they experienced everything that they told me about.

I did tell them that I might have to make a return visit because sometimes exorcisms do not always have the desired effect first time. Fortunately, for the young couple, there has been no reoccurrence of the problem; all is quiet.

To read more from 'Strange Experiences' compiled by Robert Snow, visit https://www.amazon.co.uk/dp/1980379211. ◆



'Paranornophobia'

By T. Stokes

With the release of suppressed UFO files from all around the world and the promise of other governments to follow suit, a universal quiet has descended. And the usual scoffers have remained very tight-lipped and seem very afraid.

Statements from former astronauts have added to the mass of knowledge now in the public domain.

Similarly, the usage of EVP and the newer technology Advanced EVP — where whole conversations can be snatched from the past — has left many skeptics in a quandary. The listening and taping of sounds and voices from the silent ether was documented with curiosity by spymaster Peter Wright, author of the book *Spycatcher*, while inventing and experimenting with eavesdropping devices during the Cyprus crisis.

The knowledge that every single U.S. president since the start of WWII has employed astrologers is defended by senior staff with the statement: "We may employ astrologers, but that does not mean we take their advice."

Paranormal investigators now use some very hi-tech kits at haunted locations, and skeptics outwitted by experts, science, and experience, have become confused and hostile.

Prof. J. Manning has endorsed the findings of palmists across the world in his digit comparison studies, and recent American University research under Leif Neilson confirmed that numerology has a scientific base that is verifiable and repeatable.

Last year hostility from skeptics to my talks on the paranormal reached a crescendo when at the Red Lion hall, the lady who seats people was punched in the face and the whole meeting was broken up by jeering skeptic rowdies.

Top researcher Victor Zammit offers a million pounds for proof of skeptical claims, in the same way phrenology and psychology were debunked. Yet where are the skeptics now? Where are the dissenting voices? They seem to have slid away back under the floorboards.

Carl Jung called an overly skeptical mind-frame misoneism, and with its links to Atheism and Communism, he saw it as unhealthy and linked it to depression, which the *British Medical Journal* says will be the biggest killer of people by the year 2025.

Skeptics who fear the paranormal are now known by experts as Paranormaphobics.

But there is wisdom in the rubbish. We must question the current belief of those who pay high prices for Jesus tokens and curse removal, believe mass-produced newspaper solar-scopes, and pay huge sums for bottles of Quabbalah water to bless their homes, children, and bank accounts.

You can buy instant tuning to be healers for large monetary sums. What about those who allow gypsies into their homes for lucky heather and scam readings? These are only surpassed by the adverts for you to send $50 for an angel to watch over you.

Unfortunately, there is as much fakery in the paranormal as in skepticism. But public skepticism has led the British government to damage limitation exercises that have extended to a fit-up over the death of Dr. David Kelly, a laughable Iraq inquiry, and now years on, one on Princess Diana, all of course with pre-determined outcomes.

The disbelief in the official line has brought in a new word to our vocabulary for double speak: "Rumsfelding."

Buyer beware.

Note: This editorial is the sole opinion of the author and does not necessarily reflect the opinions of "Paranormal Underground" magazine or its advertisers.◆

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